



Lemon Meringue Blueberry Pie

READY IN



45 min.

SERVINGS



8

CALORIES



435 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon flour
- ☐ 1.5 cups blueberries fresh divided (from two)
- ☐ 2.3 teaspoons cornstarch
- ☐ 3 large egg whites
- ☐ 9 large egg yolk
- ☐ 1 pinch ground cinnamon
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 pie crust dough

- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup butter unsalted cut into 1/2-inch cubes ()

Equipment

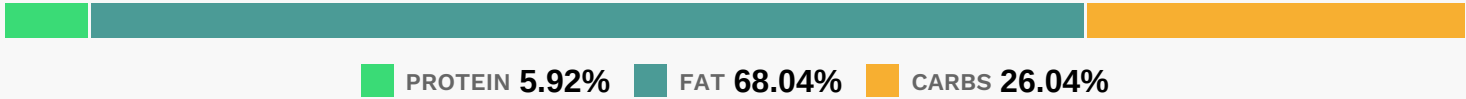
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ pastry bag
- ☐ offset spatula
- ☐ butter knife
- ☐ pie form

Directions

- ☐ Whisk sugar and cornstarch in heavy medium saucepan to blend. Gradually add lemon juice, whisking until cornstarch dissolves.
- ☐ Whisk in yolks.
- ☐ Add butter. Cook over medium heat until curd thickens and boils, whisking constantly, about 8 minutes.
- ☐ Transfer curd to medium bowl. Press plastic wrap directly onto surface of curd. Refrigerate at least 1 day. (Can be prepared 5 days ahead. Keep chilled.)
- ☐ Using electric mixer, beat whipping cream in medium bowl until peaks form. Fold 3/4 cup lemon curd into whipped cream 1/4 cup at a time. Chill lemon mousse at least 2 hours and up to 6 hours. Keep remaining curd chilled.

- ☐ Combine 3/4 cup blueberries, sugar, lemon juice, grated lemon peel, salt, and cinnamon in small saucepan. Stir over medium heat until sugar dissolves, about 4 minutes.
- ☐ Whisk in flour; cook 1 minute.
- ☐ Remove from heat. Stir in remaining 3/4 cup blueberries.
- ☐ Transfer compote to small bowl. Cover and refrigerate at least 2 hours. (Can be prepared 1 day ahead. Keep compote refrigerated.)
- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Roll out pie crust disk on lightly floured surface to 13 1/2-inch round.
- ☐ Transfer crust to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold edges under and crimp decoratively; chill 30 minutes. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake crust until sides are set, about 20 minutes.
- ☐ Remove foil and beans from crust.
- ☐ Bake crust until golden and cooked through, piercing with fork if crust bubbles, about 20 minutes longer.
- ☐ Transfer crust to rack and cool completely.
- ☐ Spread 1 1/2 cups of remaining lemon curd over bottom of crust. Using slotted spoon and leaving most of juices behind, spoon 3/4 cup blueberry compote evenly over curd. Drop lemon mousse in dollops over blueberries; spread to cover berries completely. Using slotted spoon, spoon remaining blueberries over mousse. Chill pie while preparing meringue.
- ☐ Whisk egg whites and sugar in large metal bowl to blend.
- ☐ Place bowl over saucepan of simmering water (do not let bottom of bowl touch water); whisk constantly until sugar dissolves and mixture is very warm to touch, about 1 1/2 minutes.
- ☐ Remove bowl from over water. Using electric mixer, beat mixture until thick and fluffy peaks form, about 5 minutes. Spoon meringue into pastry bag fitted with large (about 3/4-inch) plain tip. Pipe meringue decoratively over top of pie, leaving 1-inch plain border to expose some of mousse and blueberries. Using pastry torch, singe meringue until golden. (Can be prepared 6 hours ahead. Cover with cake dome and refrigerate.)
- ☐ Test-kitchen tip: Meringue
- ☐ To make the dramatic meringue peaks pictured, be sure to use a large pastry tip to pipe the rosettes, then sweep them upward using an offset spatula or butter knife. Even easier: Just spoon dollops of fluffy meringue atop the pie.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:10.21, Inflammation Score:-5, Nutrition Score:7.881739181021%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 435.42kcal (21.77%), Fat: 33.4g (51.38%), Saturated Fat: 17.92g (112.01%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.54g (10.01%), Sugar: 15.89g (17.66%), Cholesterol: 269.11mg (89.7%), Sodium: 128.3mg (5.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Selenium: 15.26µg (21.8%), Vitamin A: 1041.55IU (20.83%), Vitamin B2: 0.24mg (14.22%), Folate: 46.71µg (11.68%), Phosphorus: 109.19mg (10.92%), Vitamin D: 1.59µg (10.6%), Manganese: 0.21mg (10.35%), Vitamin E: 1.38mg (9.21%), Vitamin K: 9.02µg (8.59%), Vitamin B5: 0.78mg (7.79%), Vitamin B12: 0.44µg (7.4%), Vitamin B1: 0.11mg (7.26%), Iron: 1.2mg (6.69%), Vitamin B6: 0.1mg (4.94%), Fiber: 1.22g (4.89%), Calcium: 46.61mg (4.66%), Zinc: 0.64mg (4.28%), Vitamin B3: 0.74mg (3.71%), Vitamin C: 2.9mg (3.52%), Potassium: 103.2mg (2.95%), Copper: 0.06mg (2.8%), Magnesium: 8.74mg (2.19%)