



Lemon Meringue Ice-Cream Pie

 Dairy Free

READY IN



685 min.

SERVINGS



8

CALORIES



450 kcal

Ingredients

- ☐ 1.5 cups lemon curd homemade
- ☐ 8 servings meringue topping
- ☐ 2 pt whipped cream
- ☐ 8 servings vanilla wafer crust
- ☐ 16 vanilla wafers

Equipment

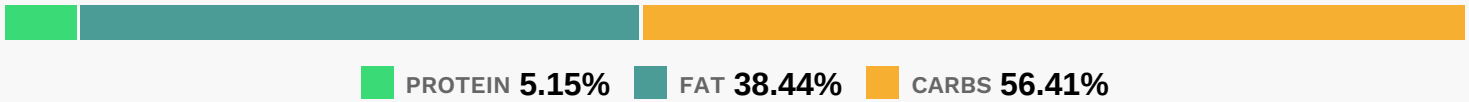
- ☐ oven
- ☐ knife
- ☐ plastic wrap

- ☐ broiler
- ☐ spatula

Directions

- ☐ Let ice cream stand at room temperature 5 minutes or just until soft enough to spread. Spoon 1 pt. ice cream into Vanilla Wafer Crust. Top with 3/4 cup lemon curd; repeat with remaining ice cream and lemon curd. Gently swirl ice cream and curd with a knife or small spatula. Insert vanilla wafers around edge of pie. Cover and freeze 8 hours.
- ☐ Spread Meringue Topping over pie. If desired, brown meringue using a kitchen torch, holding torch 1 to 2 inches from pie and moving torch back and forth. (If you do not have a torch, preheat broiler with oven rack 8 inches from heat; broil 30 to 45 seconds or until golden.)
- ☐ Serve immediately, or cover loosely with plastic wrap, and freeze 4 hours or up to 1 week.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:23.7, Inflammation Score:-3, Nutrition Score:5.2356521772302%

Nutrients (% of daily need)

Calories: 450.38kcal (22.52%), Fat: 19.26g (29.63%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 63.6g (21.2%), Net Carbohydrates: 62.48g (22.72%), Sugar: 54.96g (61.07%), Cholesterol: 52.19mg (17.4%), Sodium: 277.48mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin B2: 0.31mg (18.51%), Calcium: 151.91mg (15.19%), Phosphorus: 130.64mg (13.06%), Vitamin A: 498.04IU (9.96%), Vitamin B12: 0.46µg (7.7%), Potassium: 249.17mg (7.12%), Vitamin B1: 0.1mg (6.9%), Vitamin B5: 0.69mg (6.88%), Zinc: 0.82mg (5.5%), Fiber: 1.12g (4.49%), Folate: 17.39µg (4.35%), Magnesium: 17.04mg (4.26%), Selenium: 2.15µg (3.07%), Vitamin B6: 0.06mg (2.85%), Vitamin E: 0.38mg (2.54%), Vitamin B3: 0.48mg (2.39%), Vitamin D: 0.24µg (1.58%), Copper: 0.03mg (1.53%)