



Lemon Meringue Pie

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



272 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 large egg whites at room temperature
- ☐ 5 large egg yolk
- ☐ 0.8 granulated sugar
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 8 servings pastry crust

- ☐ 0.1 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons butter unsalted cut into tablespoons
- ☐ 1.3 cups water
- ☐ 0.3 cup milk whole

Equipment

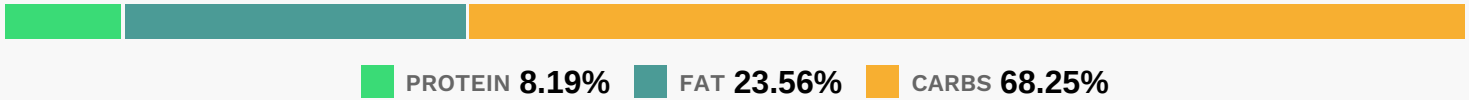
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ wax paper
- ☐ rolling pin
- ☐ serrated knife

Directions

- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round, then fit into a 9-inch pie plate (4-cup capacity). Trim edge, leaving a 1/2-inch overhang, then crimp decoratively. Lightly prick shell all over with a fork, then chill 30 minutes.
- ☐ Line shell with foil and fill with pie weights or raw rice.
- ☐ Bake until side is set and edge is pale golden, about 20 minutes. Carefully remove weights and foil and bake shell until bottom and side are golden, about 20 minutes more.
- ☐ Remove from oven and reduce temperature to 350°F.
- ☐ Whisk together yolks in a small bowl.
- ☐ Whisk together sugar, cornstarch, and salt in a heavy medium saucepan. Gradually add water and milk, whisking until smooth. Bring to a boil over medium heat, whisking frequently as mixture begins to thicken.

- ☐ Remove from heat and gradually whisk about 1 cup milk mixture into yolks, then whisk yolk mixture into remaining milk mixture.
- ☐ Add lemon zest and juice and simmer, whisking constantly, 3 minutes.
- ☐ Remove from heat and whisk in butter until incorporated. Cover surface with wax paper to keep hot.
- ☐ Beat whites with cream of tartar and salt using an electric mixer at medium speed until they hold soft peaks. Increase speed to high and add superfine sugar, 1 tablespoon at a time, beating until meringue just holds stiff, glossy peaks.
- ☐ Pour hot filling into warm pie shell and gently shake to smooth top.
- ☐ Spread meringue decoratively over hot filling, covering filling completely.
- ☐ Immediately bake until meringue is golden-brown, about 15 minutes. Cool completely on a rack, 2 to 3 hours.
- ☐ Cut with a serrated knife dipped in cold water.
- ☐ ·It is the nature of meringue pies to "weep" liquid after cooling. If you want to lessen the amount of liquid the meringue weeps, click here:Pie shell can be baked 1 day ahead and cooled completely, then kept, loosely covered, at room temperature:Lemon meringue pie is best the day it is made but keeps, covered and chilled, 2 days.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:25.68, Inflammation Score:-2, Nutrition Score:5.3860869614974%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 271.52kcal (13.58%), Fat: 7.21g (11.1%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 46.52g (16.92%), Sugar: 32.31g (35.9%), Cholesterol: 123.19mg (41.06%), Sodium: 173.54mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Selenium: 15µg (21.43%), Vitamin B2: 0.23mg (13.65%), Folate: 36.31µg (9.08%), Vitamin B1: 0.13mg (8.72%), Vitamin C: 6.87mg (8.33%), Phosphorus: 69.16mg (6.92%), Iron: 0.98mg (5.43%), Manganese: 0.1mg (5.23%), Vitamin A: 254.32IU (5.09%), Vitamin D: 0.71µg (4.73%),

Vitamin B5: 0.47mg (4.69%), Vitamin B12: 0.27µg (4.55%), Vitamin B3: 0.82mg (4.12%), Potassium: 120.14mg (3.43%), Calcium: 30.92mg (3.09%), Vitamin B6: 0.06mg (2.85%), Vitamin E: 0.4mg (2.66%), Zinc: 0.4mg (2.65%), Copper: 0.05mg (2.32%), Fiber: 0.52g (2.09%), Magnesium: 8.16mg (2.04%)