



Lemon Meringue Pie

READY IN



45 min.

SERVINGS



9

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 large egg whites lightly beaten
- ☐ 3 large egg whites
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 1.3 cups graham cracker crumbs (8 cookie sheets)
- ☐ 6 ounce yogurt fat-free (such as Yoplait)
- ☐ 0.5 cup juice of lemon fresh (3 lemons)
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon stick margarine melted

- ☐ 0.7 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 0.3 cup water
- ☐ 3 tablespoons water

Equipment

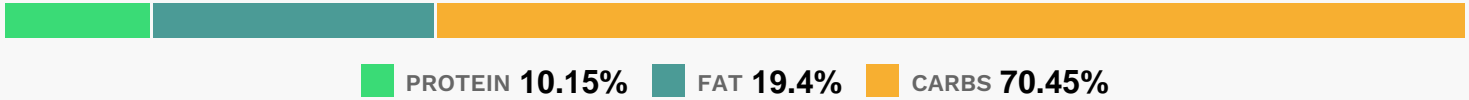
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ broiler
- ☐ microwave
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 32
- ☐ To prepare crust, combine first 4 ingredients in a bowl; toss with a fork until moist. Press into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 325 for 15 minutes or until lightly browned; cool on a wire rack.
- ☐ To prepare filling, combine lemon rind and next 3 ingredients (rind through yogurt) in a medium bowl, and set aside.
- ☐ Sprinkle gelatin over 3 tablespoons water in a small microwave-safe bowl; let stand 1 minute. Microwave at HIGH 15 seconds, stirring until gelatin dissolves. Stir gelatin mixture thoroughly into yogurt mixture. Spoon filling into prepared crust. Press plastic wrap onto surface of filling; chill 1 hour or until almost firm.
- ☐ To prepare the meringue, combine 2/3 cup sugar and 1/4 cup water in a small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 24

- ☐ Beat egg whites and cream of tartar at high speed of a mixer until foamy.
- ☐ Pour hot sugar syrup in a thin stream over egg white mixture, beating at high speed until stiff peaks form.
- ☐ Remove the plastic wrap from filling.
- ☐ Spread meringue evenly over filling, sealing to edge of crust.
- ☐ Preheat broiler.
- ☐ Broil meringue for 1 minute or until lightly browned, and cool on wire rack. Chill until set.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:33.12, Inflammation Score:-2, Nutrition Score:5.9039130651433%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 293.99kcal (14.7%), Fat: 6.48g (9.96%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 52.44g (19.07%), Sugar: 46.04g (51.15%), Cholesterol: 15.37mg (5.12%), Sodium: 189.55mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.25%), Vitamin B2: 0.33mg (19.29%), Calcium: 175.89mg (17.59%), Phosphorus: 168.79mg (16.88%), Selenium: 10.53µg (15.04%), Vitamin C: 7.14mg (8.65%), Potassium: 285.93mg (8.17%), Magnesium: 24.75mg (6.19%), Zinc: 0.84mg (5.6%), Vitamin B12: 0.32µg (5.4%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.5mg (5.01%), Folate: 16.06µg (4.01%), Vitamin A: 178.87IU (3.58%), Iron: 0.63mg (3.49%), Vitamin B3: 0.59mg (2.94%), Vitamin B6: 0.05mg (2.61%), Fiber: 0.48g (1.94%), Copper: 0.04mg (1.83%)