



Lemon Meringue Pie Filling

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 4 large egg yolks
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar

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0.5 teaspoon vanilla extract

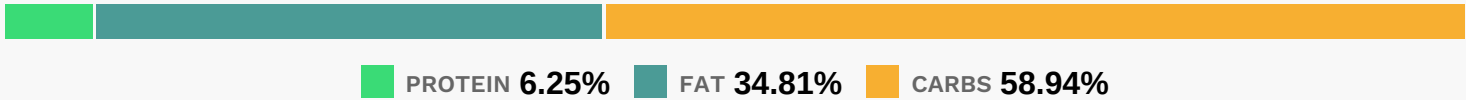
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 3 ingredients in a heavy, nonaluminum, medium saucepan.
- ☐ Whisk together egg yolks, milk, and lemon juice in a bowl; whisk into sugar mixture in pan over medium heat. Bring to a boil, and boil, whisking constantly, 1 minute.
- ☐ Remove pan from heat; stir in butter, lemon rind, and vanilla extract until smooth.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:18.54, Inflammation Score:-3, Nutrition Score:4.1600000437187%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 216.28kcal (10.81%), Fat: 8.54g (13.14%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 32.43g (11.79%), Sugar: 28.23g (31.37%), Cholesterol: 99.12mg (33.04%), Sodium: 113.85mg (4.95%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 3.45g (6.9%), Phosphorus: 97.35mg (9.73%), Calcium: 88.89mg (8.89%), Selenium: 6.19µg (8.85%), Vitamin B12: 0.5µg (8.34%), Vitamin A: 409.92IU (8.2%), Vitamin B2: 0.14mg (8.1%), Vitamin D: 1.13µg (7.53%), Vitamin C: 4.27mg (5.17%), Vitamin B5: 0.5mg (5%), Folate: 14.53µg (3.63%), Vitamin B6: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.48%), Potassium: 114.84mg (3.28%), Zinc: 0.46mg (3.04%), Vitamin E: 0.43mg (2.86%), Magnesium: 8.7mg (2.18%), Iron: 0.27mg (1.52%)