



Lemon Meringue Pie II

READY IN



45 min.

SERVINGS



10

CALORIES



173 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 7 tablespoons cornstarch
- 3 egg whites
- 3 egg yolks beaten
- 1 juice of lemon juiced
- 1 teaspoon juice of lemon
- 19-inch pie crust ()
- 1.5 cups water hot
- 6 tablespoons sugar white

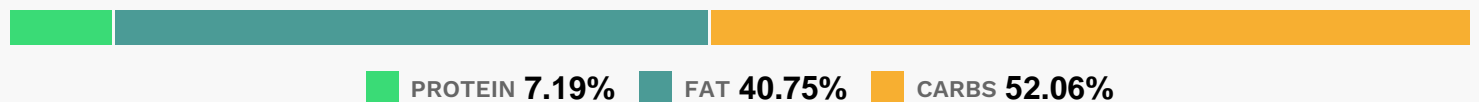
Equipment

- bowl
- sauce pan
- oven
- whisk
- mixing bowl
- double boiler

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a small bowl mix cold water and cornstarch to a thin paste. In a medium saucepan bring hot water and sugar to a boil, then add cornstarch paste.
- Transfer this mixture to a double boiler. Cook until thick and smooth, stirring constantly, about 15 minutes.
- Whisk a small amount of this mixture into egg yolks, then whisk egg yolk mixture back into double boiler. Cook everything together for a few minutes longer, continuing to stir.
- Mix in juice and rind of 1 lemon along with butter. Set custard aside to cool.
- In a medium glass or metal mixing bowl, beat egg whites while gradually adding sugar, 1 tablespoon at a time. When egg whites hold a stiff peak, beat 1 teaspoon lemon juice into meringue.
- Pour filling into baked pie shell.
- Spread meringue over lemon filling.
- Bake at 325 degrees F (165 degrees C) for 25 to 30 minutes or until delicately browned.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:5.03, Inflammation Score:-1, Nutrition Score:2.820000000622%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 173.33kcal (8.67%), Fat: 7.83g (12.05%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 21.95g (7.98%), Sugar: 7.37g (8.19%), Cholesterol: 61.33mg (20.44%), Sodium: 110.72mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Selenium: 6.18µg (8.83%), Vitamin B2: 0.1mg (6.14%), Folate: 22.99µg (5.75%), Manganese: 0.1mg (4.8%), Vitamin B1: 0.07mg (4.38%), Iron: 0.71mg (3.93%), Phosphorus: 38.15mg (3.82%), Vitamin B3: 0.55mg (2.77%), Vitamin B5: 0.27mg (2.66%), Vitamin A: 113.26IU (2.27%), Fiber: 0.56g (2.24%), Vitamin D: 0.29µg (1.94%), Vitamin B12: 0.12µg (1.93%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.35mg (1.64%), Vitamin B6: 0.03mg (1.55%), Copper: 0.03mg (1.54%), Zinc: 0.23mg (1.52%), Vitamin K: 1.6µg (1.52%), Calcium: 13.19mg (1.32%), Potassium: 44.21mg (1.26%), Magnesium: 5.02mg (1.26%)