



## Lemon Meringue Pie II

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

DESSERT

### Ingredients

- 3 tablespoons butter
- 0.5 cup cornstarch
- 4 eggs separated
- 0.5 cup juice of lemon
- 2 teaspoons lemon zest
- 19-inch pie crust ()
- 0.3 teaspoon salt
- 0.3 cup water
- 0.5 cup sugar white

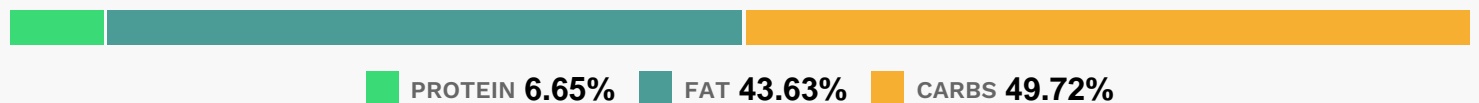
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Combine 1 1/2 cups sugar, salt, and 1 1/2 cups water in a heavy saucepan.
- Place over high heat and bring to a boil. In a small bowl, mix cornstarch and 1/3 cup water to make a smooth paste. Gradually whisk into boiling sugar mixture. Boil mixture until thick and clear, stirring constantly.
- Remove from heat.
- In a small bowl, whisk together egg yolks and lemon juice. Gradually whisk egg yolk mixture into hot sugar mixture. Return pan to heat and bring to a boil, stirring constantly.
- Remove from heat and stir in grated lemon rind and butter or margarine.
- Place mixture in refrigerator and cool until just lukewarm.
- In a large glass or metal bowl, combine egg whites and salt. Whip until foamy. Gradually add 1/2 cup sugar while continuing to whip. Beat until whites form stiff peaks. Stir about 3/4 cup of meringue into lukewarm filling. Spoon filling into baked pastry shell. Cover pie with remaining meringue.
- Bake in preheated oven for 15 minutes, until meringue is slightly brown. Cool on a rack at for at least 1 hour before cutting.

## Nutrition Facts



## Properties

Glycemic Index:15.01, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:4.483913069186%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, 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: 265.55kcal (13.28%), Fat: 12.95g (19.92%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 32.4g (11.78%), Sugar: 12.96g (14.41%), Cholesterol: 93.13mg (31.04%), Sodium: 241.44mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Selenium: 8.55µg (12.21%), Vitamin B2: 0.15mg (8.82%), Vitamin C: 6.55mg (7.94%), Folate: 31.11µg (7.78%), Phosphorus: 65.14mg (6.51%), Manganese: 0.12mg (6.17%), Iron: 1.1mg (6.09%), Vitamin B1: 0.08mg (5.45%), Vitamin A: 251.41IU (5.03%), Vitamin B5: 0.47mg (4.66%), Vitamin B3: 0.71mg (3.55%), Vitamin B12: 0.2µg (3.41%), Vitamin E: 0.49mg (3.28%), Fiber: 0.8g (3.18%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.06mg (2.9%), Zinc: 0.42mg (2.78%), Copper: 0.04mg (2.2%), Vitamin K: 2.26µg (2.15%), Potassium: 72.88mg (2.08%), Calcium: 20.54mg (2.05%), Magnesium: 7.83mg (1.96%)