

Lemon Meringue Pie with a Graham Cracker Crust

 Vegetarian

READY IN



270 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

Ingredients

- 0.3 cup cornstarch
- 5 large egg whites at room temperature
- 4 large egg yolk
- 1.5 cups graham crackers whole crushed (8 crackers)
- 0.5 cup granulated sugar
- 0.3 teaspoon kosher salt
- 0.5 cup juice of lemon freshly squeezed (from 3 to 4 lemons)

- 2 tablespoons lemon zest finely grated (from 3 to 4 lemons)
- 2 tablespoons butter unsalted cut into pieces ()
- 1.3 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- hand mixer
- spatula

Directions

- Combine crushed graham crackers, melted butter, sugar, and salt in a medium bowl and mix well. Press mixture evenly into a 9-inch metal or ceramic pie plate and bake until lightly browned, about 10 minutes.
- Combine cornstarch, sugar, egg yolks, and lemon juice in a medium-size heavy saucepan.
- Add water and whisk until blended; use a rubber spatula to scrape the sides and bottom of the pan to make sure mixture is well combined. Cook over medium heat, whisking constantly until mixture comes to a boil. Boil for 1 minute, stirring constantly.
- Remove from heat, add butter and lemon zest, and stir vigorously until butter is completely melted and ingredients are thoroughly combined.
- Combine egg whites and salt in a large, clean bowl and whip with a hand mixer on high speed until soft peaks form. Gradually add sugar and continue beating until stiff, glossy peaks form.
- Remove the paper from pie, and spoon meringue over lemon filling.
- Spread meringue with a spatula so that it covers the entire surface of the pie, sealing in filling. Be sure meringue meets the crust, otherwise it will shrink inward, exposing filling.
- Bake until meringue is golden brown, about 10 minutes.

Let cool to room temperature on a wire rack, then refrigerate until filling is cold, at least 4 hours. Slice, and serve chilled. Beverage pairing: Selbach-Oster Zeltinger Sonnenuhr Reisling Auslese Rotlay, Germany. Only Riesling has the sharp, acidic rush to take on the intensity of the lemon while casually balancing it with perfectly integrated sweetness. The firmness and structure of this wine makes a satisfying contrast to the creamy puffiness of the pie.

Nutrition Facts

 PROTEIN 9.36%  FAT 29.65%  CARBS 60.99%

Properties

Glycemic Index:18.01, Glycemic Load:17.82, Inflammation Score:-2, Nutrition Score:4.2391304827255%

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: 207.24kcal (10.36%), Fat: 6.9g (10.61%), Saturated Fat: 2.88g (18%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 31.1g (11.31%), Sugar: 17g (18.89%), Cholesterol: 99.32mg (33.11%), Sodium: 225.28mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Selenium: 9.17µg (13.1%), Vitamin B2: 0.18mg (10.76%), Vitamin C: 7.84mg (9.5%), Phosphorus: 73.26mg (7.33%), Folate: 24.35µg (6.09%), Iron: 1mg (5.57%), Vitamin A: 211.7IU (4.23%), Vitamin B1: 0.06mg (3.93%), Zinc: 0.55mg (3.68%), Magnesium: 14.39mg (3.6%), Vitamin D: 0.51µg (3.41%), Vitamin B3: 0.68mg (3.41%), Fiber: 0.83g (3.31%), Vitamin B5: 0.32mg (3.22%), Vitamin B12: 0.19µg (3.17%), Calcium: 30.89mg (3.09%), Vitamin B6: 0.06mg (2.87%), Potassium: 92.13mg (2.63%), Vitamin E: 0.33mg (2.18%), Copper: 0.03mg (1.51%)