



## Lemon Meringue Pie with Graham Crust

 Vegetarian

READY IN



275 min.

SERVINGS



10

CALORIES



290 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon kosher salt
- ☐ 4 teaspoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 large egg whites room temperature
- ☐ 4 large eggs
- ☐ 1 cup graham flour whole wheat whole red stone-ground (such as Bob's Mill grain graham flour)
- ☐ 0.7 cup juice of lemon fresh
- ☐ 1 cup sugar

- ☐ 0.5 cup unbleached all purpose flour
- ☐ 10 tablespoons butter unsalted cooled melted ()

## Equipment

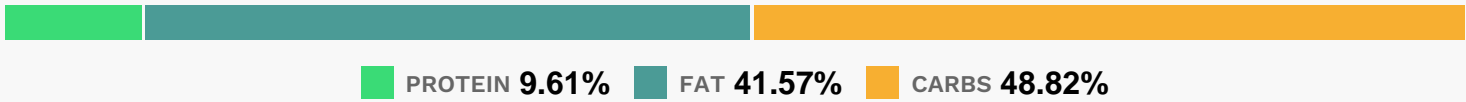
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ spatula

## Directions

- ☐ Preheat oven to 375°. Butter bottom and sides of 9-inch-diameter glass pie plate. Stir first 4 ingredients in medium bowl to blend. Gradually add butter, stirring until moist clumps form. Press dough evenly onto bottom and up sides of prepared pie plate.
- ☐ Bake crust until golden brown and firm to touch, about 20 minutes. Maintain oven temperature.
- ☐ Meanwhile, whisk sugar and cornstarch in heavy medium saucepan until no lumps remain. Gradually whisk in lemon juice.
- ☐ Add eggs 1 at a time, whisking to blend well after each addition. Stir in finely grated lemon peel.
- ☐ Whisk mixture constantly over medium heat until filling thickens and boils.
- ☐ Remove from heat; whisk to smooth if necessary.
- ☐ Transfer filling to prepared crust. Smooth top.
- ☐ Using electric mixer, beat egg whites, cream of tartar, and coarse salt in large bowl until frothy. With mixer running, gradually beat in sugar. Continue beating until stiff and glossy.
- ☐ Spread meringue over warm filling, sealing meringue to crust at edges. Using spatula, form peaks and swirls in meringue.
- ☐ Bake pie until meringue is golden brown, about 15 minutes. Cool pie completely on rack.

Cut pie into wedges and serve with blackberry sauce.

# Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:-3, Nutrition Score:4.8369564906411%

## Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 289.85kcal (14.49%), Fat: 13.66g (21.01%), Saturated Fat: 7.83g (48.96%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 34.26g (12.46%), Sugar: 20.61g (22.9%), Cholesterol: 104.5mg (34.83%), Sodium: 121.54mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Selenium: 12.52µg (17.88%), Vitamin B2: 0.22mg (12.95%), Vitamin A: 458.96IU (9.18%), Vitamin C: 6.3mg (7.63%), Fiber: 1.82g (7.3%), Folate: 25.3µg (6.33%), Iron: 1.12mg (6.23%), Phosphorus: 54.09mg (5.41%), Vitamin B1: 0.06mg (4.16%), Vitamin B5: 0.41mg (4.08%), Vitamin D: 0.61µg (4.07%), Vitamin E: 0.57mg (3.82%), Vitamin B12: 0.22µg (3.66%), Potassium: 99.49mg (2.84%), Manganese: 0.05mg (2.72%), Vitamin B6: 0.05mg (2.28%), Zinc: 0.33mg (2.21%), Vitamin B3: 0.43mg (2.13%), Magnesium: 7.24mg (1.81%), Calcium: 18.12mg (1.81%), Copper: 0.03mg (1.74%), Vitamin K: 1.06µg (1.01%)