



WHATSheATE



Lemon Meringue Pie with Pecan Crust

READY IN



45 min.

SERVINGS



8

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 0.3 cup cake flour
- ☐ 0.3 cup cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 large eggs separated
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 3 tablespoons water ()
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest grated

- ☐ 0.7 cup pecans finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 5 tablespoons butter unsalted chilled cut into 1/2-inch pieces
- ☐ 3 tablespoons shortening chilled cut into 1/2-inch pieces
- ☐ 1.5 cups water

Equipment

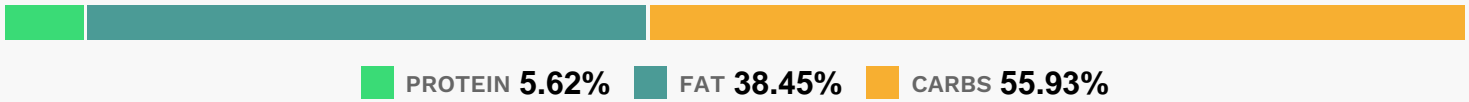
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Mix first 5 ingredients in large bowl; add butter and shortening. Using electric mixer, beat at low speed until mixture resembles coarse meal.
- ☐ Add 2 tablespoons ice water. Beat until dough holds together, adding more water by 1/2 tablespoonfuls if dry. Gather dough into ball; flatten into disk. Wrap disk in waxed paper and chill until firm enough to roll, at least 1 hour and up to 1 day.
- ☐ Roll out dough between sheets of waxed paper to 12-inch round. Peel off top sheet of paper. Invert dough into 9-inch-diameter glass pie dish; peel off paper. Press dough gently into dish. Trim overhang to 3/4 inch; turn under and crimp edge decoratively. Freeze crust until firm, about 30 minutes.
- ☐ Position rack in center of oven and preheat to 375°F. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake crust until golden at edge, about 15 minutes.
- ☐ Remove foil and beans; continue to bake until crust is pale golden, piercing with fork if crust bubbles, about 12 minutes. Cool completely on rack.

- ☐ Reduce oven temperature to 325°F.
- ☐ Whisk 1 3/4 cups sugar and 1/3 cup cornstarch in heavy medium saucepan to blend. Gradually add 1 1/2 cups water and lemon juice, whisking until cornstarch dissolves and mixture is smooth.
- ☐ Add yolks and peel; whisk to blend. Cook over medium-high heat until filling thickens and boils, whisking constantly, about 8 minutes.
- ☐ Pour into prepared crust.
- ☐ Using electric mixer, beat whites and cream of tartar in large bowl until soft peaks form. Gradually add remaining 1/3 cup sugar, beating until stiff and shiny. Mound meringue atop warm lemon filling, spreading to seal to crust at edges.
- ☐ Bake pie until meringue is golden, about 20 minutes. Cool pie 1 hour. Refrigerate up to 6 hours; serve cold.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:41.65, Inflammation Score:-4, Nutrition Score:9.023913020673%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg 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: 498.7kcal (24.94%), Fat: 21.83g (33.59%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 71.46g (23.82%), Net Carbohydrates: 69.79g (25.38%), Sugar: 49.01g (54.46%), Cholesterol: 135.06mg (45.02%), Sodium: 196.31mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Manganese: 0.58mg (28.79%), Selenium: 17.88µg (25.55%), Vitamin B2: 0.25mg (14.69%), Vitamin B1: 0.21mg (13.68%), Folate: 50.55µg (12.64%), Phosphorus: 113.35mg (11.33%), Vitamin C: 7.94mg (9.62%), Iron: 1.66mg (9.25%), Copper: 0.19mg (9.25%), Vitamin A: 394.27IU (7.89%), Vitamin B5: 0.72mg (7.22%), Vitamin E: 1.01mg (6.73%), Fiber: 1.67g (6.69%), Zinc: 1mg (6.68%),

Vitamin B3: 1.13mg (5.66%), Magnesium: 21.87mg (5.47%), Vitamin D: 0.76µg (5.04%), Vitamin B12: 0.29µg (4.88%),
Vitamin B6: 0.09mg (4.64%), Potassium: 160.49mg (4.59%), Calcium: 37.94mg (3.79%), Vitamin K: 3.64µg (3.47%)