



## Lemon-Meringue Surprise Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1150 kcal

DESSERT

## Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites at room temperature ( )
- ☐ 2 large egg yolks lightly beaten
- ☐ 9 inch graham cracker crust reduced-fat (such as Keebler)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 7 ounces spicy tofu firm
- ☐ 1.5 cups water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Preheat oven to 32
- ☐ Combine the first 3 ingredients in a blender; process until smooth.
- ☐ Combine water, 1 cup sugar, and cornstarch in a medium saucepan. Bring to a boil; cook 1 minute or until thick, stirring constantly with a whisk. Gradually add sugar mixture to egg yolks in a bowl, stirring constantly with a whisk. Return yolk mixture to pan. Bring to a boil over medium heat; cook 1 minute, stirring constantly.
- ☐ Remove from heat, and stir in tofu mixture.
- ☐ Spread filling mixture evenly into crust.
- ☐ Beat egg whites, cream of tartar, and salt at high speed of a mixer until foamy. Gradually add 1/3 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Spread evenly over filling, sealing to edge of crust.
- ☐ Bake at 325 for 25 minutes; cool 1 hour on a wire rack.
- ☐ Cut with a sharp knife dipped in hot water.

## Nutrition Facts



**PROTEIN 4.86%** **FAT 38.81%** **CARBS 56.33%**

## Properties

Glycemic Index:19.4, Glycemic Load:23.33, Inflammation Score:-4, Nutrition Score:19.882608906082%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 1150.37kcal (57.52%), Fat: 49.8g (76.62%), Saturated Fat: 10.1g (63.11%), Carbohydrates: 162.65g (54.22%), Net Carbohydrates: 158.72g (57.72%), Sugar: 68.34g (75.93%), Cholesterol: 45.9mg (15.3%), Sodium: 963.89mg (41.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Manganese: 2.47mg (123.54%), Vitamin K: 41.72µg (39.74%), Folate: 133.08µg (33.27%), Vitamin B3: 6.18mg (30.91%), Iron: 5.45mg (30.29%), Vitamin B2: 0.49mg (28.95%), Vitamin E: 3.66mg (24.42%), Phosphorus: 243.74mg (24.37%), Vitamin B1: 0.36mg (24.16%), Copper: 0.45mg (22.34%), Zinc: 2.51mg (16.73%), Fiber: 3.94g (15.75%), Selenium: 10.19µg (14.56%), Magnesium: 46.82mg (11.7%), Calcium: 95.56mg (9.56%), Vitamin B6: 0.17mg (8.3%), Potassium: 268.09mg (7.66%), Vitamin C: 4.26mg (5.16%), Vitamin B5: 0.51mg (5.05%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.23µg (1.53%), Vitamin A: 63.93IU (1.28%)