



Lemon-Passion Fruit Meringue Pie

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 5 large egg whites
- ☐ 2 large egg yolks
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup passion fruit sorbet melted
- ☐ 8 servings buttery baked pie shell
- ☐ 1 pinch salt

- ☐ 0.8 cup sugar
- ☐ 1 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup water
- ☐ 2 tablespoons water

Equipment

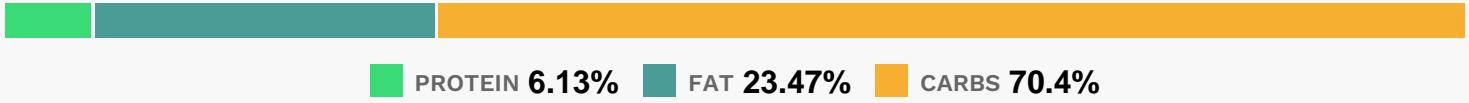
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ MAKE THE PIE FILLING: In a bowl, mix the lemon juice with the passion fruit puree, egg yolks and beaten whole egg. In a saucepan, whisk the sugar with the cornstarch.
- ☐ Add the water, whisking until smooth. Cook over moderately high heat, whisking constantly, until thick, translucent and bubbling, about 5 minutes.
- ☐ Remove from the heat.
- ☐ Whisk a few tablespoons of the cornstarch mixture into the egg mixture, then gradually whisk the egg mixture back into the saucepan. Bring to a boil over moderately high heat, whisking constantly for about 1 minute, until the filling is thick; remove from the heat. Stir in the butter and lemon zest and scrape the filling into the Buttery
- ☐ Baked Pie Shell.
- ☐ Let cool completely.
- ☐ MAKE THE TOPPING: Preheat the oven to 42
- ☐ In a large stainless-steel bowl, using an electric mixer, beat the egg whites with the sugar, water and salt until well blended. Set the bowl over a saucepan filled with 2 inches of boiling water and beat the egg whites until the sugar is dissolved and the mixture is warm.

- ☐
- Remove from the heat and beat until the meringue is stiff, glossy and cool, about 5 minutes.
- ☐
- Spread the meringue evenly over the filling, swirling it decoratively.
- ☐
- Bake the pie on the top rack of the oven until the meringue is deep golden and set, about 7 minutes.
- ☐
- Transfer the pie to a wire rack in a draft-free place and let cool completely.
- ☐
- Serve at room temperature or chilled.
- ☐
- Make Ahead: The pie can be refrigerated for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:30.83, Inflammation Score:-2, Nutrition Score:4.4352174064387%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 335.87kcal (16.79%), Fat: 8.93g (13.74%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 60.28g (20.09%), Net Carbohydrates: 58.84g (21.4%), Sugar: 44.91g (49.9%), Cholesterol: 72.91mg (24.3%), Sodium: 141.75mg (6.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Selenium: 10.08µg (14.41%), Vitamin B2: 0.2mg (11.64%), Vitamin C: 6.13mg (7.43%), Folate: 27.55µg (6.89%), Fiber: 1.44g (5.75%), Phosphorus: 54mg (5.4%), Iron: 0.97mg (5.36%), Manganese: 0.11mg (5.26%), Vitamin B1: 0.07mg (4.77%), Vitamin A: 233.62IU (4.67%), Vitamin B5: 0.36mg (3.62%), Vitamin B3: 0.72mg (3.61%), Potassium: 103.62mg (2.96%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.38µg (2.54%), Vitamin B6: 0.05mg (2.47%), Magnesium: 9.62mg (2.4%), Copper: 0.05mg (2.37%), Vitamin E: 0.33mg (2.19%), Zinc: 0.3mg (2.03%), Calcium: 18.75mg (1.88%), Vitamin K: 1.77µg (1.69%)