



Lemon Pie

READY IN



45 min.

SERVINGS



12

CALORIES



368 kcal

DESSERT

Ingredients

- ☐ 4 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 0.5 cup heavy whipping cream
- ☐ 3 medium lemons
- ☐ 2 tablespoons powdered sugar
- ☐ 15 ounce pie dough refrigerated such as Pillsbury
- ☐ 0.3 teaspoon salt

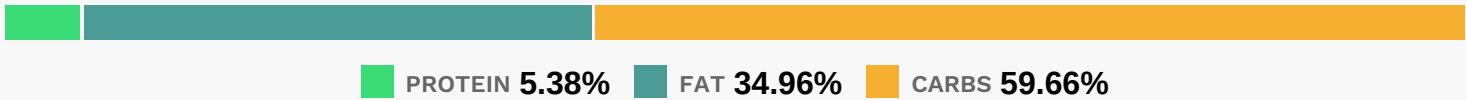
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Grate 1/2 cup rind from lemons.
- ☐ Remove white pithy part of rind; discard. Chop lemons; discard seeds.
- ☐ Combine rind, chopped lemon, and granulated sugar in a large bowl; toss well. Cover and let stand at room temperature 24 hours, stirring occasionally.
- ☐ Preheat oven to 45
- ☐ Roll dough into an 11-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under, and flute.
- ☐ Add flour, salt, and eggs to lemon mixture, stirring with a whisk until combined.
- ☐ Pour lemon mixture into crust.
- ☐ Bake at 450 for 15 minutes.
- ☐ Reduce oven temperature to 37
- ☐ Shield edges of piecrust with foil; bake at 375 for 25 minutes or until filling is set. Cool completely on a wire rack.
- ☐ Combine cream and powdered sugar. Beat with a mixer at high speed until stiff peaks form.
- ☐ Serve with pie.

Nutrition Facts



Properties

Glycemic Index:14.22, Glycemic Load:24.75, Inflammation Score:-3, Nutrition Score:5.8639130074045%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 367.67kcal (18.38%), Fat: 14.61g (22.48%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 56.11g (18.7%), Net Carbohydrates: 54.42g (19.79%), Sugar: 35.6g (39.56%), Cholesterol: 73.21mg (24.4%), Sodium: 220.67mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.11%), Vitamin C: 14.37mg (17.42%), Selenium: 8.39µg (11.98%), Vitamin B2: 0.18mg (10.37%), Folate: 39.44µg (9.86%), Manganese: 0.18mg (9.19%), Vitamin B1: 0.13mg (8.77%), Iron: 1.49mg (8.28%), Phosphorus: 70.61mg (7.06%), Fiber: 1.69g (6.77%), Vitamin B3: 1.11mg (5.57%), Vitamin B5: 0.48mg (4.84%), Vitamin A: 242.07IU (4.84%), Vitamin B6: 0.07mg (3.6%), Vitamin D: 0.49µg (3.28%), Vitamin E: 0.47mg (3.14%), Potassium: 106.76mg (3.05%), Calcium: 30.29mg (3.03%), Zinc: 0.43mg (2.87%), Vitamin K: 2.96µg (2.82%), Vitamin B12: 0.16µg (2.74%), Copper: 0.05mg (2.74%), Magnesium: 10.58mg (2.65%)