



Lemon Pie III



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients



4 eggs



3 lemons thinly sliced



2 cups sugar white

Equipment



oven

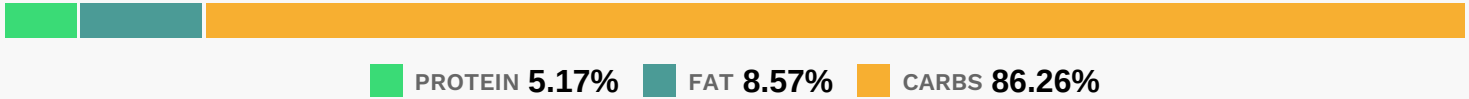


knife

Directions

- ☐ Slice lemons as thin as possible, leaving on the rind.
- ☐ Combine with sugar; mix well.
- ☐ Let stand at least 2 hours, stirring occasionally.
- ☐ Beat the eggs well, and add to lemon mixture; mix well.
- ☐ Place in a 9-inch pie shell, arranging the lemon slices evenly. Cover with top crust.
- ☐ Cut slits near center.
- ☐ Bake at 450 degrees F (230 degrees C) for 12 minutes. Reduce heat to 375 degrees F (190 degrees C).
- ☐ Bake for about 20 minute more, or until knife inserted comes out clean. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:35.58, Inflammation Score:-2, Nutrition Score:3.9826087211461%

Flavonoids

Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg, Eriodictyol: 8.65mg Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg, Hesperetin: 11.3mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 235.71kcal (11.79%), Fat: 2.37g (3.65%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 52.6g (19.13%), Sugar: 50.99g (56.66%), Cholesterol: 81.84mg (27.28%), Sodium: 32.55mg (1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Vitamin C: 21.47mg (26.02%), Selenium: 7.22µg (10.31%), Vitamin B2: 0.12mg (6.95%), Phosphorus: 50.04mg (5%), Fiber: 1.13g (4.54%), Vitamin B5: 0.41mg (4.14%), Folate: 14.8µg (3.7%), Iron: 0.65mg (3.63%), Vitamin B6: 0.07mg (3.49%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin A: 127.71IU (2.55%), Potassium: 87.25mg (2.49%), Calcium: 23.35mg (2.33%), Zinc: 0.31mg (2.09%), Vitamin E: 0.29mg (1.95%), Copper: 0.03mg (1.72%), Vitamin B1: 0.03mg (1.67%), Magnesium: 5.88mg (1.47%), Manganese: 0.02mg (1.02%)