

Lemon Supreme Pie

 Gluten Free

READY IN



380 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 11 ounces cream cheese softened
- ☐ 1.3 cups granulated sugar divided (use)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 0.8 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted

- ☐ 1.3 cups water
- ☐ 2 cups non-dairy whipped topping divided (use)
- ☐ 4 drops food coloring yellow

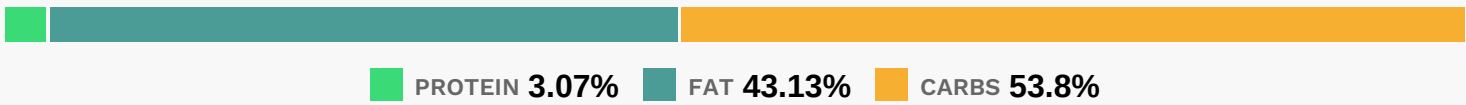
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 3/4 cup of the sugar, cornstarch and salt in a medium saucepan.
- ☐ Add water and whisk until smooth.
- ☐ Place over medium heat and cook, whisking almost constantly, until mixture begins to boil.
- ☐ Add remaining 1/2 cup granulated sugar and reduce heat. Cook and whisk for 2 minutes or until mixture thickens and boils.
- ☐ Remove from heat and whisk in butter, lemon zest and lemon juice.
- ☐ Let cool for one hour.Prepare filling
- ☐ Beat together 11 ounces cream cheese, powdered sugar and lemon juice. Fold in half of the whipped topping.
- ☐ Spread over bottom of baked pie shell.
- ☐ Spread lemon mixture over cream cheese mixture. Put remaining whipped topping in a freezer bag, snip of the corner and pipe dollops around the perimeter of the pie plate.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:22.4, Inflammation Score:-3, Nutrition Score:2.5773912992166%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin:

0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 383.49kcal (19.17%), Fat: 18.81g (28.94%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 52.7g (19.16%), Sugar: 48.15g (53.5%), Cholesterol: 47.27mg (15.76%), Sodium: 284.42mg (12.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Vitamin A: 625.21IU (12.5%), Vitamin B2: 0.12mg (6.85%), Selenium: 4.21µg (6.01%), Phosphorus: 57.15mg (5.72%), Calcium: 54.45mg (5.45%), Vitamin E: 0.51mg (3.43%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.13µg (2.15%), Potassium: 74.96mg (2.14%), Vitamin C: 1.37mg (1.66%), Vitamin K: 1.66µg (1.58%), Zinc: 0.23mg (1.53%), Magnesium: 5.57mg (1.39%), Vitamin B6: 0.03mg (1.37%), Folate: 4.62µg (1.15%), Copper: 0.02mg (1.06%)