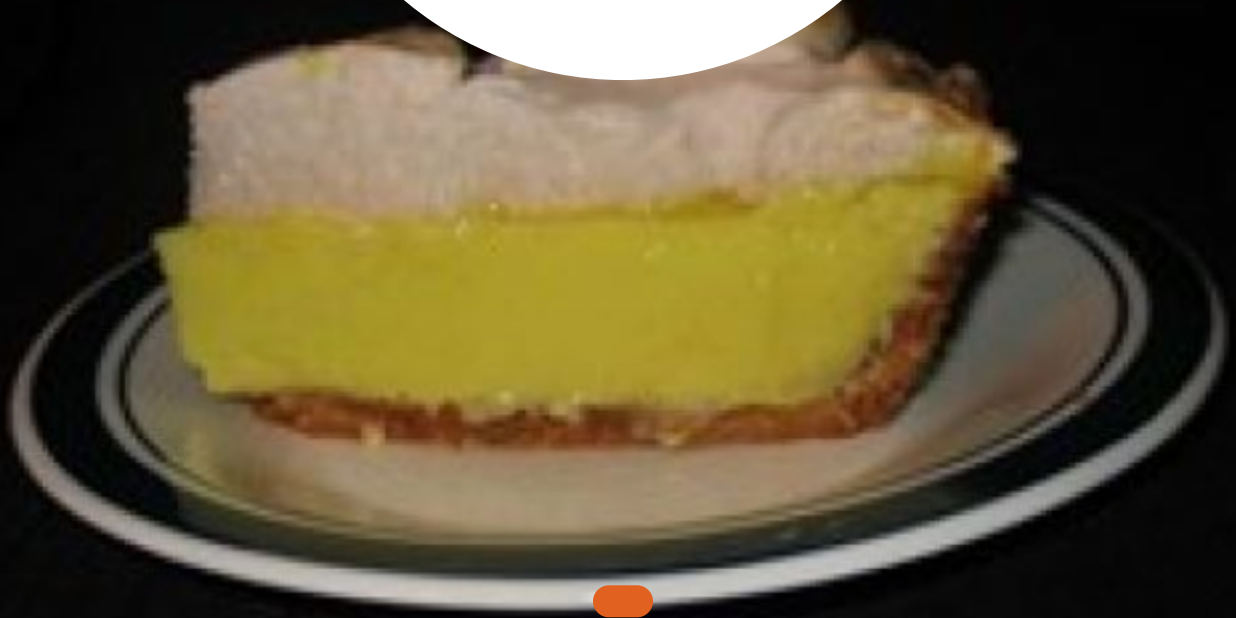




Lime Meringue Pie

READY IN



55 min.

SERVINGS



8

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 0.8 cup confectioners' sugar
- ☐ 0.3 teaspoon cream of tartar
- ☐ 5 egg whites
- ☐ 6 egg yolks
- ☐ 19-inch graham cracker crust
- ☐ 1 cup juice of lime
- ☐ 28 ounce condensed milk sweetened canned

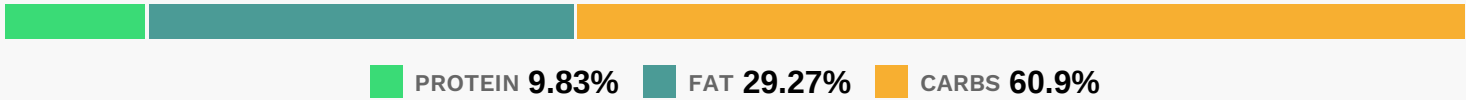
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, whisk together the egg yolks and sweetened condensed milk until well blended. Gradually whisk in the lime juice.
- ☐ Pour into the graham cracker crust.
- ☐ Bake for 25 minutes in the preheated oven, or until the center is set when the pie is gently shaken. Set aside. Reduce the oven temperature to 325 degrees F (165 degrees C).
- ☐ In a large clean bowl, whip egg whites with cream of tartar until soft peaks form. Gradually sift in the confectioners' sugar, while continuing to whip to stiff peaks. Spoon on top of the slightly cooled pie, sealing the meringue to the edges of the crust.
- ☐ Bake for about 10 minutes in the preheated oven, until the meringue is lightly toasted. Cool to room temperature before refrigerating. Chill for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:32.93, Inflammation Score:-4, Nutrition Score:13.033913135529%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 529.76kcal (26.49%), Fat: 17.53g (26.97%), Saturated Fat: 7.8g (48.76%), Carbohydrates: 82.1g (27.36%), Net Carbohydrates: 81.57g (29.66%), Sugar: 69.55g (77.27%), Cholesterol: 179.54mg (59.85%), Sodium: 264.58mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.5%), Selenium: 26.65µg (38.06%), Vitamin B2: 0.62mg (36.37%), Phosphorus: 335.6mg (33.56%), Calcium: 311.04mg (31.1%), Manganese: 0.29mg (14.75%), Vitamin C: 11.65mg (14.13%), Potassium: 488.49mg (13.96%), Vitamin B5: 1.26mg (12.58%), Folate: 48.21µg (12.05%),

Vitamin B12: 0.72µg (11.95%), Vitamin B1: 0.16mg (10.7%), Zinc: 1.54mg (10.27%), Vitamin A: 474.93IU (9.5%),
Magnesium: 35.84mg (8.96%), Iron: 1.16mg (6.46%), Vitamin E: 0.97mg (6.44%), Vitamin B6: 0.13mg (6.32%),
Vitamin D: 0.93µg (6.18%), Vitamin K: 5.5µg (5.24%), Vitamin B3: 0.96mg (4.79%), Copper: 0.09mg (4.31%), Fiber:
0.52g (2.1%)