



Little lemon meringue pies



Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 500 g pack shortcrust pastry
- ☐ 4 lemon zest
- ☐ 100 g butter unsalted
- ☐ 325 g caster sugar
- ☐ 8 eggs separated
- ☐ 3 drops malt vinegar

Equipment

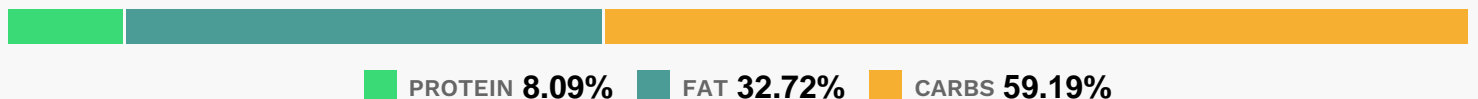
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ serrated knife
- ☐ palette knife

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Roll out pastry and use to line 8 x 10cm fluted loose-bottomed tart cases, leaving a little pastry overhanging. Prick the cases with a fork and bake blind for 20 mins (removing the paper and beans after 15 mins) until pale golden brown. Set aside to cool. When cool, use a serrated knife to neatly level the pastry.
- ☐ Meanwhile, put the zest, juice, butter and 225g sugar into a large heavy-based pan.
- ☐ Heat gently until the sugar dissolves, then remove the pan from the heat. Beat the whole eggs and yolks together, then stir into the pan. Stir over a low heat for 5-10 mins until thickened. Sieve into a bowl, then spoon into the cases. Any leftover curd will keep in the fridge for up to 3 days.
- ☐ Whisk the egg whites with 50g sugar in a grease-free bowl until stiff peaks form.
- ☐ Whisk in the vinegar, then gradually whisk in the remaining sugar. 4 Put a good dollop of meringue on top of each tart, then dip a palette knife in hot water and make little peaks on each.
- ☐ Place on a baking sheet and bake for 15 mins or until just browned on top. Allow to cool, then serve.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:40.4, Inflammation Score:-4, Nutrition Score:10.713912932769%

Nutrients (% of daily need)

Calories: 497.3kcal (24.87%), Fat: 18.21g (28.02%), Saturated Fat: 8.72g (54.49%), Carbohydrates: 74.14g (24.71%), Net Carbohydrates: 72.64g (26.41%), Sugar: 40.95g (45.5%), Cholesterol: 190.55mg (63.52%), Sodium: 366.32mg (15.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.27%), Selenium: 28.46µg (40.66%), Vitamin B2: 0.43mg (25.21%), Vitamin B1: 0.36mg (23.88%), Folate: 76.44µg (19.11%), Iron: 2.82mg (15.68%), Manganese: 0.31mg (15.61%), Phosphorus: 137.37mg (13.74%), Vitamin B3: 2.6mg (12.98%), Vitamin A: 551.47IU (11.03%), Vitamin B5: 0.89mg (8.87%), Vitamin D: 1.07µg (7.12%), Vitamin B12: 0.41µg (6.88%), Fiber: 1.51g (6.02%), Zinc: 0.9mg (5.98%), Vitamin E: 0.81mg (5.4%), Copper: 0.1mg (5.12%), Vitamin B6: 0.1mg (4.95%), Vitamin C: 3.87mg (4.69%), Calcium: 38.96mg (3.9%), Magnesium: 15.36mg (3.84%), Potassium: 115.59mg (3.3%), Vitamin K: 2.57µg (2.45%)