



Luscious Lemon Meringue Pie

 Dairy Free

READY IN



225 min.

SERVINGS



8

CALORIES



257 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 0.3 cup cornstarch
- 0.3 teaspoon cream of tartar
- 3 egg whites
- 3 egg yolk
- 1 cup flour all-purpose gold medal®
- 0.5 cup juice of lemon
- 2 teaspoons lemon zest grated

- 0.5 teaspoon salt
- 0.3 cup shortening
- 6 tablespoons sugar
- 0.5 teaspoon vanilla
- 1.5 cups water
- 2 drops food coloring yellow

Equipment

- bowl
- sauce pan
- oven
- wire rack
- blender
- plastic wrap
- hand mixer
- rolling pin

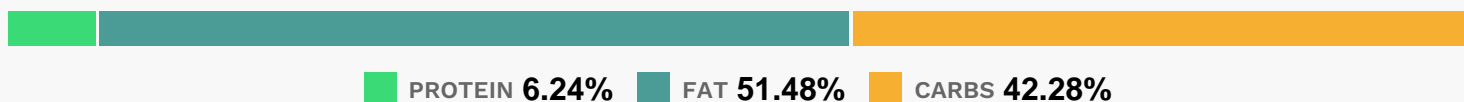
Directions

- In medium bowl, mix flour and salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- Heat oven to 475°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from

rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Prick bottom and side of pastry thoroughly with fork.

- Bake 8 to 10 minutes or until light brown; cool on cooling rack.
- Reduce oven temperature to 400°F. In small bowl, beat egg yolks with fork. In 2-quart saucepan, mix sugar and cornstarch; gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- Immediately stir at least half of hot mixture into egg yolks; stir back into hot mixture in saucepan. Boil and stir 2 minutes; remove from heat. Stir in butter, lemon peel, lemon juice and food color.
- Pour into pie crust.
- In medium bowl, beat egg whites and cream of tartar with electric mixer on high speed until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Beat in vanilla. Spoon onto hot pie filling.
- Spread over filling, carefully sealing meringue to edge of crust to prevent shrinking or weeping.
- Bake 8 to 12 minutes or until meringue is light brown. Cool away from draft 2 hours. Cover and refrigerate cooled pie until serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:14.91, Inflammation Score:-3, Nutrition Score:4.9517391660939%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 257.24kcal (12.86%), Fat: 14.8g (22.77%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 26.78g (9.74%), Sugar: 9.58g (10.64%), Cholesterol: 72.9mg (24.3%), Sodium: 220.46mg (9.59%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.04g (8.07%), Selenium: 11.55µg (16.5%), Folate: 42.07µg (10.52%), Vitamin B2: 0.17mg (9.93%), Vitamin B1: 0.14mg (9.41%), Vitamin C: 6.56mg (7.95%), Vitamin E: 0.89mg (5.96%), Manganese: 0.12mg (5.88%), Vitamin A: 286.29IU (5.73%), Iron: 0.98mg (5.42%), Phosphorus:

48.09mg (4.81%), Vitamin B3: 0.95mg (4.77%), Vitamin K: 4.64µg (4.42%), Vitamin B5: 0.38mg (3.76%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.36µg (2.43%), Fiber: 0.57g (2.28%), Potassium: 77.33mg (2.21%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (1.98%), Zinc: 0.29mg (1.91%), Magnesium: 6.8mg (1.7%), Calcium: 16.74mg (1.67%)