



Luscious Meringue Lemon Pie

 Vegetarian  Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup canola oil melted
- ☐ 4 cups rice chex rice chex®
- ☐ 6 tablespoons cornstarch
- ☐ 4 egg whites
- ☐ 4 egg yolk
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup juice of lemon

- ☐ 2 tablespoons potato flour
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon unrefined sunflower oil melted
- ☐ 1 cup water
- ☐ 1 eggs whole

Equipment

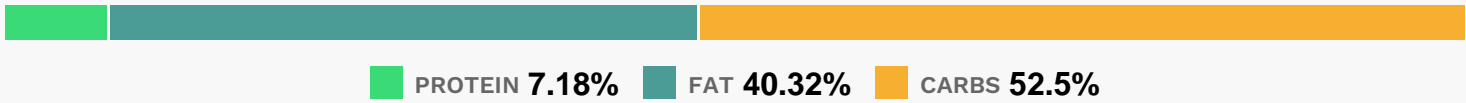
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray (without flour).
- ☐ In food processor, place cereal. Cover; process until crushed.
- ☐ Add remaining crust ingredients. Cover; process until crumbly. Press mixture into pie plate, starting in center and pressing up side.
- ☐ Bake 15 minutes or until golden brown. Cool completely on cooling rack.
- ☐ In 3-quart saucepan, beat egg yolks, water, 1 cup granulated sugar, the lemon juice and cornstarch with whisk until well blended. Cook on high heat, stirring constantly with whisk until thickened.
- ☐ Remove from heat; stir in ghee until incorporated.
- ☐ Pour filling into crust.
- ☐ In medium bowl, beat egg whites with electric mixer on high speed until soft peaks form. Gradually add 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Spoon meringue onto hot filling, spreading to edges to seal.

Bake 15 minutes or until meringue is golden brown. Cool on cooling rack 30 minutes.
Refrigerate 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:11.780869654987%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 264.38kcal (13.22%), Fat: 12.01g (18.48%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 34.72g (12.63%), Sugar: 16.97g (18.85%), Cholesterol: 117.66mg (39.22%), Sodium: 186.77mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.63%), Folate: 118.92µg (29.73%), Iron: 4.94mg (27.45%), Manganese: 0.5mg (25.23%), Vitamin B2: 0.36mg (21.14%), Selenium: 12.69µg (18.12%), Vitamin B12: 0.99µg (16.54%), Vitamin B6: 0.31mg (15.63%), Vitamin E: 2.3mg (15.34%), Zinc: 2.18mg (14.56%), Vitamin B1: 0.21mg (14.22%), Vitamin B3: 2.6mg (13.01%), Vitamin C: 7.01mg (8.49%), Vitamin A: 410.11IU (8.2%), Phosphorus: 73.29mg (7.33%), Vitamin D: 1.1µg (7.3%), Calcium: 71.24mg (7.12%), Vitamin B5: 0.61mg (6.07%), Vitamin K: 5.3µg (5.05%), Copper: 0.07mg (3.25%), Potassium: 102.15mg (2.92%), Magnesium: 9.47mg (2.37%), Fiber: 0.47g (1.89%)