



Magic Lemon Meringue Pie

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites at room temperature
- ☐ 3 large egg yolks for the meringue whites reserved
- ☐ 1.5 cups graham cracker crumbs fine
- ☐ 0.5 cup juice of lemon fresh from 2 large lemons
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar

- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.3 cup butter unsalted melted

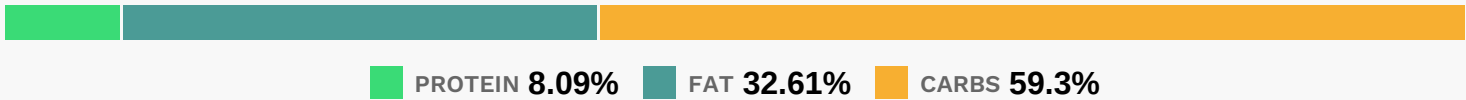
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350 degrees F. Make the crust: In a mixing bowl, stir together the graham cracker crumbs, sugar and butter until fully combined. Press the mixture firmly into a 9-inch pie plate. Set aside.
- ☐ Make the filling: In a medium bowl, mix the condensed milk, lemon juice, zest and egg yolks.
- ☐ Pour into the crust. Make the meringue: Beat the egg whites and cream of tartar in a medium bowl with an electric hand mixer until soft peaks form. Gradually beat in the sugar until stiff peaks form.
- ☐ Spread the meringue over the pie and seal the edge of the crust.
- ☐ Bake 15 to 20 minutes, or until the meringue browns slightly. (Be sure to watch the pie while it's baking. Meringue can burn quickly.)
- ☐ Let cool slightly on a rack, then chill in the refrigerator at least 2 hours before serving.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:28.1, Inflammation Score:-3, Nutrition Score:5.6104347524436%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 290.97kcal (14.55%), Fat: 10.75g (16.54%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 43.5g (15.82%), Sugar: 36.55g (40.61%), Cholesterol: 80.78mg (26.93%), Sodium: 153.24mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Vitamin B2: 0.27mg (15.99%), Selenium: 10.85µg (15.5%), Phosphorus: 149.61mg (14.96%), Calcium: 132.43mg (13.24%), Vitamin C: 6.01mg (7.29%), Vitamin A: 322.16IU (6.44%), Potassium: 218.1mg (6.23%), Folate: 20.64µg (5.16%), Vitamin B1: 0.08mg (5.14%), Zinc: 0.75mg (5.01%), Magnesium: 19.97mg (4.99%), Vitamin B5: 0.49mg (4.92%), Vitamin B12: 0.29µg (4.88%), Iron: 0.76mg (4.24%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.59mg (2.93%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.35mg (2.3%), Fiber: 0.49g (1.95%)