



Magic Lemon Meringue Pie

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 14 oz condensed milk canned
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 3 large egg yolks
- ☐ 1 graham cracker
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup juice of lemon fresh

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0.3 teaspoon vanilla extract

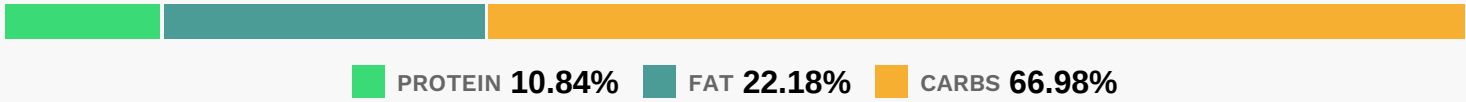
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Mix the condensed milk, egg yolks and lemon juice together in a bowl and pour into the pie crust. With an electric mixer, beat the egg whites until foamy.
- ☐ Add the cream of tartar and beat until soft peaks form. Gradually add the sugar and cornstarch and beat until peaks are stiff. Beat in the vanilla. Spoon meringue over the pie filling and bake at 325 degrees F. for about 25 minutes or until meringue is lightly browned.
- ☐ Let the pie cool at room temperature for about an hour, then transfer to the refrigerator and chill for several hours.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:26.13, Inflammation Score:-2, Nutrition Score:5.8173913787241%

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: 249.77kcal (12.49%), Fat: 6.29g (9.67%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 42.59g (15.49%), Sugar: 40.42g (44.91%), Cholesterol: 85.72mg (28.57%), Sodium: 105.37mg (4.58%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 6.91g (13.83%), Selenium: 14.32µg (20.45%), Vitamin B2: 0.32mg (18.91%), Phosphorus: 157.69mg (15.77%), Calcium: 152.73mg (15.27%), Vitamin C: 7.19mg (8.72%), Potassium: 252.63mg (7.22%), Vitamin B5: 0.61mg (6.14%), Vitamin B12: 0.36µg (5.96%), Folate: 19.28µg (4.82%), Vitamin A: 225.31IU (4.51%), Zinc: 0.66mg (4.41%), Vitamin B1: 0.06mg (4.28%), Magnesium: 17.01mg (4.25%), Vitamin D: 0.44µg (2.96%), Vitamin B6: 0.06mg (2.86%), Iron: 0.38mg (2.1%), Vitamin E: 0.27mg (1.78%),

Copper: 0.02mg (1.03%), Vitamin B3: 0.2mg (1.02%)