



Meyer Custard-Cream Pie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 9 inch baked cooled if purchasing, use a deep-dish crust
- ☐ 0.3 cup cornstarch
- ☐ 3 large eggs
- ☐ 2.3 lb meyer lemons
- ☐ 1 cup sugar
- ☐ 1 cup whipping cream

Equipment

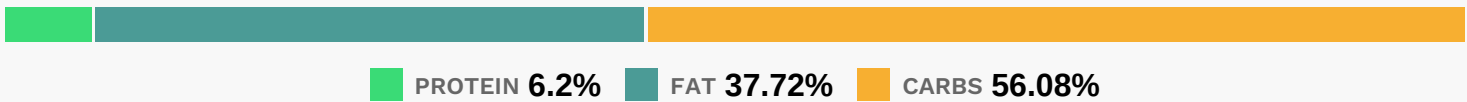
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ double boiler
- ☐ kitchen thermometer
- ☐ zester

Directions

- ☐ Grate 2 teaspoons peel from lemons. With a zester or Asian shredder, make a few long, slender strands of peel from Meyer or regular lemons; set aside. Ream 1 1/3 cups juice from the lemons.
- ☐ In the top of a double boiler, mix cornstarch and sugar. Stir in juice and grated peel. Fill bottom of double boiler with 1 inch water.
- ☐ Place pans over high heat and bring water to a simmer; adjust heat to maintain simmer. Stir until mixture is thick and shiny, 8 to 9 minutes. In a bowl, whisk eggs to blend.
- ☐ Whisk in about 1/2 cup lemon mixture, then return all to pan. Stir until mixture is very thick and reaches 160 on an instant-read thermometer, about 5 minutes.
- ☐ Remove top pan.
- ☐ Place in a bowl of ice and stir often until mixture is cool to touch, about 6 minutes.
- ☐ In a bowl, beat cream with a mixer until stiff. Fold in lemon mixture, then spread evenly in pastry shell. Scatter reserved strands of peel on top. Chill, uncovered, until slightly firm to touch, about 2 hours.
- ☐ Serve, or wrap airtight and chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:17.28, Glycemic Load:19.83, Inflammation Score:-6, Nutrition Score:9.379565189714%

Flavonoids

Eriodictyol: 28.26mg, Eriodictyol: 28.26mg, Eriodictyol: 28.26mg, Eriodictyol: 28.26mg Hesperetin: 36.91mg, Hesperetin: 36.91mg, Hesperetin: 36.91mg, Hesperetin: 36.91mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 285.93kcal (14.3%), Fat: 13.05g (20.07%), Saturated Fat: 7.5g (46.87%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 39.74g (14.45%), Sugar: 29.2g (32.44%), Cholesterol: 103.57mg (34.52%), Sodium: 49.86mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Vitamin C: 70.35mg (85.28%), Fiber: 3.91g (15.64%), Vitamin A: 567.68IU (11.35%), Selenium: 7.61µg (10.87%), Vitamin B2: 0.17mg (10.23%), Phosphorus: 79.33mg (7.93%), Vitamin B6: 0.15mg (7.5%), Potassium: 246.2mg (7.03%), Iron: 1.24mg (6.88%), Calcium: 66.4mg (6.64%), Folate: 25.58µg (6.4%), Vitamin B5: 0.62mg (6.18%), Vitamin D: 0.85µg (5.67%), Vitamin B1: 0.07mg (4.53%), Vitamin E: 0.67mg (4.46%), Magnesium: 16.05mg (4.01%), Copper: 0.08mg (3.81%), Vitamin B12: 0.21µg (3.57%), Manganese: 0.06mg (2.97%), Zinc: 0.44mg (2.93%)