



WHATSheATE



Meyer Lemon Cream Pies

READY IN



75 min.

SERVINGS



4

CALORIES



393 kcal

DESSERT

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 1.3 cups graham-cracker crumbs
- ☐ 2 juice of lemon grated
- ☐ 24 ounce silken tofu firm (such as Mori-Nu)
- ☐ 2 tablespoons sugar
- ☐ 5 tablespoons butter unsalted melted

Equipment

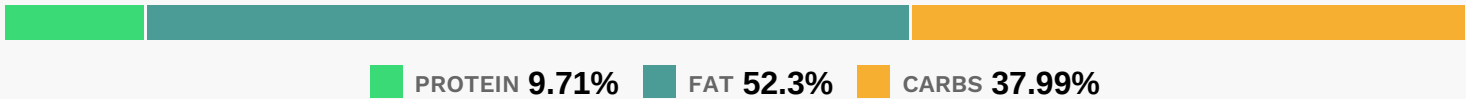
- ☐ bowl

- ☐ oven
- ☐ blender
- ☐ ramekin

Directions

- ☐ Preheat oven to 350°F.
- ☐ In a medium bowl, mix together all the crust ingredients. Press the mixture into the bottom and sides of four tartlet molds or 4-ounce ramekins.
- ☐ Bake until golden brown, 8 to 10 minutes.
- ☐ Remove and let cool completely.
- ☐ In a blender, combine all the filling ingredients until smooth, spoon the mixture into the crusts, and refrigerate for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:4.2, Inflammation Score:-4, Nutrition Score:7.0082609057426%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 392.87kcal (19.64%), Fat: 23.16g (35.63%), Saturated Fat: 10.62g (66.37%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 37.23g (13.54%), Sugar: 24.44g (27.15%), Cholesterol: 37.63mg (12.54%), Sodium: 176.17mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.35%), Copper: 0.38mg (18.99%), Vitamin B1: 0.25mg (16.94%), Phosphorus: 160.93mg (16.09%), Magnesium: 53.28mg (13.32%), Iron: 2.25mg (12.51%), Vitamin K: 10.6µg (10.1%), Potassium: 333.8mg (9.54%), Vitamin A: 437.43IU (8.75%), Calcium: 86.15mg (8.61%), Vitamin B2: 0.13mg (7.52%), Vitamin B3: 1.43mg (7.17%), Vitamin E: 1.06mg (7.07%), Zinc: 1.02mg (6.78%), Manganese: 0.1mg (5.15%), Folate: 14.08µg (3.52%), Fiber: 0.62g (2.46%), Vitamin D: 0.26µg (1.75%), Selenium: 1.17µg (1.66%), Vitamin B6: 0.03mg (1.54%)