



Mile-High Lemon Meringue Mini Pies

 Dairy Free

READY IN



175 min.

SERVINGS



12

CALORIES



124 kcal

DESSERT

Ingredients

- 0.3 teaspoon cream of tartar
- 0.3 cup egg whites (from 16-oz carton)
- 0.8 cup lemon curd (from a 10 oz jar)
- 12 large raspberries fresh
- 1 pie crust dough refrigerated softened
- 2 tablespoons sugar
- 0.3 teaspoon vanilla

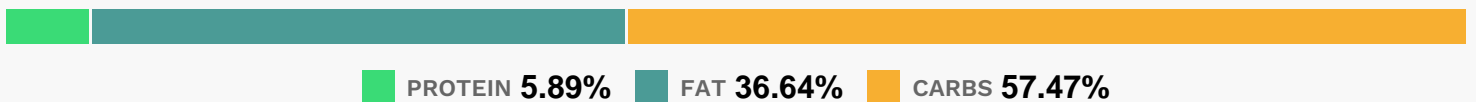
Equipment

- bowl
- frying pan
- oven
- hand mixer
- microwave
- muffin liners
- rolling pin

Directions

- Heat oven to 400F. Unroll pie crust onto work surface; flatten slightly with rolling pin. Using 3-inch round cutter, cut out 12 rounds. Invert mini muffin-cup pan.
- Place each crust round over bottom of 12 cups. Press and pinch dough to form cup. Prick bottom and sides with fork.
- Bake 8 to 10 minutes or until light golden brown.
- Place baked shells inside mini muffin cups in pan (they will not fit, but will sit toward the top and keep the crust from tipping.)
- Place 1 raspberry in bottom of each shell.
- In small microwavable bowl, microwave lemon curd uncovered on High 45 to 60 seconds or until hot. Stir until smooth. Spoon about 1 tablespoon lemon curd over raspberry in each cup.
- Reduce oven temperature to 350F. In small deep bowl, beat egg whites, cream of tartar and vanilla with electric mixer on medium speed about 1 minute or until soft peaks form. On high speed, gradually beat in sugar 1 tablespoon at a time until stiff glossy peaks form and sugar is dissolved. Spoon meringue onto hot lemon filling; spread to edge of crust to seal well and prevent shrinkage.
- Bake at 350F 8 to 10 minutes or until meringue is light golden brown. Cool completely, about 1 hour. Refrigerate until filling is set, about 1 hour. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:1.2534782577144%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 123.83kcal (6.19%), Fat: 5.02g (7.72%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 17.21g (6.26%), Sugar: 10.61g (11.78%), Cholesterol: 0mg (0%), Sodium: 108.8mg (4.73%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.82g (3.63%), Manganese: 0.08mg (3.85%), Vitamin B2: 0.05mg (2.8%), Vitamin B1: 0.04mg (2.65%), Folate: 10.54µg (2.63%), Selenium: 1.84µg (2.62%), Iron: 0.39mg (2.16%), Fiber: 0.51g (2.05%), Vitamin B3: 0.4mg (2%), Phosphorus: 11.55mg (1.15%), Vitamin K: 1.19µg (1.13%), Potassium: 35.49mg (1.01%)