



Mile-High Lemon Meringue Pie

READY IN



45 min.

SERVINGS



8

CALORIES



472 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 5 eggs
- ☐ 2.9 oz reg. size containers lemon pudding
- ☐ 0.5 cup lemonade concentrate thawed
- ☐ 1 cup milk
- ☐ 15 oz pie crust dough refrigerated
- ☐ 8 oz cream sour
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

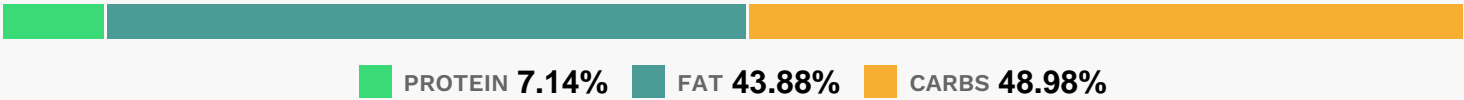
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Unroll piecrust according to package directions. Fit into 9" pie plate. Fold edges under and flute. Prick bottom and sides with a fork.
- ☐ Bake at 450 degrees until golden.
- ☐ Remove from oven and let cool on a wire rack. Reduce oven temperature to 35
- ☐ Whisk together sour cream and egg yolks in a medium saucepan; stir in lemon pudding mix, milk and lemonade concentrate. Cook over medium heat, whisking constantly, until thickened. Reduce heat to low and cook 2 minutes or until very thick.
- ☐ Remove from heat; cover and keep hot.
- ☐ Beat egg whites, cream of tartar and vanilla at high speed with an electric mixer until foamy. Beat in sugar, one tablespoon at a time, until stiff peaks form.
- ☐ Pour hot filling into prepared crust. Dollop meringue onto hot filling. Lightly spread dollops together n decorative swirls, completely sealing meringue to pie-crust.
- ☐ Bake at 325 for 22 to 25 minutes or until golden. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:9.27, Inflammation Score:-3, Nutrition Score:8.2365217727164%

Nutrients (% of daily need)

Calories: 472.05kcal (23.6%), Fat: 23.14g (35.61%), Saturated Fat: 8.63g (53.95%), Carbohydrates: 58.13g (19.38%), Net Carbohydrates: 56.75g (20.64%), Sugar: 21.62g (24.02%), Cholesterol: 122.69mg (40.9%), Sodium: 330.07mg (14.35%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 8.47g (16.95%), Selenium: 13.35µg (19.07%), Vitamin B2: 0.31mg (18.28%), Phosphorus: 146.44mg (14.64%), Folate: 52.87µg (13.22%), Manganese: 0.25mg (12.64%), Vitamin B1: 0.18mg (12.23%), Iron: 1.92mg (10.69%), Calcium: 93.36mg (9.34%), Vitamin B5: 0.87mg (8.66%), Vitamin B12: 0.47µg (7.82%), Vitamin B3: 1.53mg (7.67%), Vitamin A: 375.06IU (7.5%), Vitamin D: 0.89µg (5.9%), Potassium: 197.95mg (5.66%), Fiber: 1.38g (5.53%), Zinc: 0.82mg (5.48%), Vitamin B6: 0.11mg (5.35%), Magnesium: 19.25mg (4.81%), Vitamin E: 0.67mg (4.46%), Vitamin K: 4.51µg (4.29%), Copper: 0.07mg (3.54%), Vitamin C: 2.19mg (2.66%)