



WHATSheATE



mini
Lemon
Meringue
Pies

Mini Lemon Meringue Pies

♥ Popular

READY IN



25 min.

SERVINGS



9

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 3 eggs separated
- ☐ 0.5 cup juice of lemon
- ☐ 1 lemon zest
- ☐ 5 ounces shortbread cookies crushed finely
- ☐ 0.3 cup sugar
- ☐ 14 oz condensed milk sweetened canned

Equipment

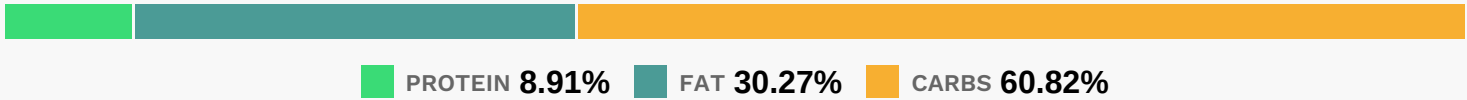
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°Line muffin tin with cupcake papers, or baking cups
- ☐ Divide shortbread crumbs into 9 cupcake papers. Use the bottom of a glass to press crumbs firmly into muffin well.In a medium bowl, combine egg yolks, condensed milk, lemon juice and lemon zest. Stir until well combined then spoon on top of shortbread crusts.Using an electric mixer, whisk egg whites until stiff. Gradually add sugar and continue to beat several minutes until sugar is completely dissolved.Spoon meringue over lemon filling, be sure to go past the edges of your pies.
- ☐ Bake for 10 minutes, or until the meringue is golden.Turn oven off, and leave pies to cool inside oven, with door open.
- ☐ Serve pies when completely cool – or store in refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:26.1, Inflammation Score:-2, Nutrition Score:6.2556521166926%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 275.3kcal (13.76%), Fat: 9.42g (14.49%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 42.25g (15.36%), Sugar: 35.21g (39.12%), Cholesterol: 69.55mg (23.18%), Sodium: 132.68mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin B2: 0.3mg (17.88%), Selenium: 12.07µg (17.24%), Phosphorus: 152.17mg (15.22%), Calcium: 137.28mg (13.73%), Vitamin C: 7.25mg (8.79%), Vitamin B1: 0.1mg (6.99%), Folate: 27.3µg (6.82%), Vitamin B5: 0.62mg (6.23%), Potassium: 212.89mg (6.08%), Vitamin B12: 0.32µg (5.41%), Iron: 0.83mg (4.61%), Zinc: 0.69mg (4.6%), Vitamin A: 211.64IU (4.23%), Vitamin E: 0.63mg (4.21%),

Magnesium: 16.34mg (4.09%), Manganese: 0.08mg (3.8%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.64mg (3.18%),
Vitamin D: 0.38µg (2.54%), Vitamin K: 2.04µg (1.94%), Copper: 0.03mg (1.73%), Fiber: 0.32g (1.26%)