



## Mini Lemon Meringue Pies

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

### Ingredients

- 1 serving pie crust dough mini for lemon-meringue pies
- 6 tablespoons cornstarch
- 0.5 cup juice of lemon freshly squeezed grated ( 4 lemons)
- 5 large eggs separated
- 1 inch salt
- 4 tablespoons butter unsalted cut into pieces
- 2 large egg whites

### Equipment

- bowl

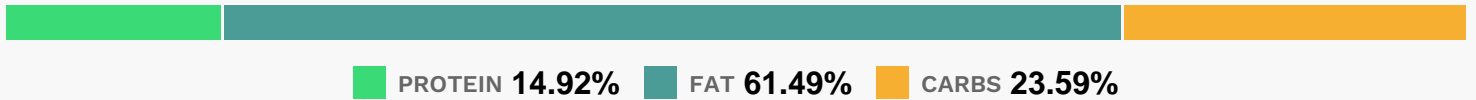
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- blender
- hand mixer
- broiler
- offset spatula

## Directions

- Heat oven to 400 degrees. On a lightly floured surface, roll out dough to an 1/8-inch thickness.
- Cut into six 7-inch-diameter circles; place in six 4 1/2-inch pie pans. Crimp edges, and refrigerate until firm, about 30 minutes.
- Remove from refrigerator, and prick bottoms of shells with a fork.
- Line piecrusts with parchment paper, and fill shells with dried beans, rice, or pie weights.
- Transfer to oven; bake until edges begin to turn brown, about 10 minutes.
- Remove paper and weights. Continue baking until golden brown, about 7 minutes.
- Transfer to a wire rack to cool.
- Sift together 1 1/4 cups sugar and cornstarch in a medium bowl. Stir in 2 cups water, and mix until smooth; set aside.
- In a nonreactive saucepan, combine lemon juice, 5 egg yolks, and pinch of salt. Set over medium heat, and stir in cornstarch mixture; cook, stirring constantly, until mixture comes to a boil, about 14 minutes.
- Remove from heat; stir in the lemon zest and butter.
- Pour filling into a bowl, and set aside to cool, stirring occasionally.
- Pour lemon filling into the six piecrusts. Cover; refrigerate until firm, about 1 hour.
- Heat broiler. Bring a medium saucepan of water to a simmer.

- Combine 7 egg whites, the remaining 3/4 cup sugar, and 1/4 teaspoon salt in bowl of an electric mixer. Hold bowl over simmering water; whisk until the mixture is warm and the sugar has dissolved, about 3 minutes.
- Return bowl to mixer fitted with the whisk attachment, and beat until stiff peaks form. Using an offset spatula, spread each pie with meringue so the filling is covered and the meringue touches the edges of the piecrusts.
- Transfer pies to broiler, and lightly brown the meringue, watching constantly, 30 to 45 seconds.
- Remove from broiler, and place on a wire rack to cool to room temperature.
- Serve.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.4795652239219%

### Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 183.36kcal (9.17%), Fat: 12.53g (19.27%), Saturated Fat: 6.4g (39.98%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.59g (3.85%), Sugar: 0.75g (0.83%), Cholesterol: 175.07mg (58.36%), Sodium: 100.32mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Selenium: 15.53µg (22.19%), Vitamin B2: 0.25mg (14.76%), Vitamin C: 7.87mg (9.54%), Vitamin A: 459.5IU (9.19%), Phosphorus: 91.61mg (9.16%), Vitamin B5: 0.71mg (7.11%), Folate: 26.85µg (6.71%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.97µg (6.49%), Iron: 0.89mg (4.92%), Vitamin E: 0.7mg (4.67%), Vitamin B6: 0.08mg (4.14%), Zinc: 0.58mg (3.87%), Potassium: 102.29mg (2.92%), Calcium: 28.4mg (2.84%), Copper: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.15%), Magnesium: 8.39mg (2.1%), Manganese: 0.04mg (1.78%)