



Mom's Chocolate Meringue Pie

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

DESSERT

Ingredients

- 3 tablespoons cornstarch
- 0.3 teaspoon cream of tartar
- 3 egg whites
- 3 egg yolks beaten
- 2 cups milk
- 19-inch pie crust ()
- 0.3 teaspoon salt
- 5 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract

6 tablespoons sugar white

Equipment

bowl

frying pan

sauce pan

oven

Directions

Mix together sugar, cocoa, corn starch and salt in a medium saucepan. Gradually mix in milk. Cook and stir over medium high heat until thickened and bubbly. Reduce heat to medium low; cook and stir 2 minutes more.

Remove pan from heat. Stir about one cup of the hot filling into the egg yolks; mix back into the custard. Return saucepan to heat, and bring to a gentle boil. Cook and stir for 2 minutes.

Remove from the heat, and stir in vanilla.

Pour hot filling into crust.

In a clean bowl, beat egg whites with cream of tartar until soft peaks form. Gradually beat in sugar, and continue to beat until stiff and glossy.

Spread evenly over hot filling, sealing meringue to crust.

Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:7.37, Inflammation Score:-3, Nutrition Score:6.6065218241318%

Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg, Epicatechin: 6.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 233.32kcal (11.67%), Fat: 10.74g (16.52%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 27.15g (9.87%), Sugar: 12.15g (13.5%), Cholesterol: 80.22mg (26.74%), Sodium: 221.13mg (9.61%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 7.19mg (2.4%), Protein: 6.46g (12.92%), Selenium: 9.2µg (13.14%), Phosphorus: 130.98mg (13.1%), Vitamin B2: 0.22mg (13.02%), Manganese: 0.24mg (12.06%), Calcium: 93.53mg (9.35%), Vitamin B1: 0.12mg (7.85%), Vitamin B12: 0.47µg (7.85%), Copper: 0.15mg (7.42%), Iron: 1.3mg (7.23%), Fiber: 1.81g (7.23%), Folate: 28.81µg (7.2%), Magnesium: 28.39mg (7.1%), Vitamin D: 1.04µg (6.9%), Potassium: 205.44mg (5.87%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.74mg (4.92%), Vitamin B3: 0.82mg (4.11%), Vitamin A: 196.4IU (3.93%), Vitamin B6: 0.08mg (3.89%), Vitamin E: 0.32mg (2.15%), Vitamin K: 2.13µg (2.03%)