



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

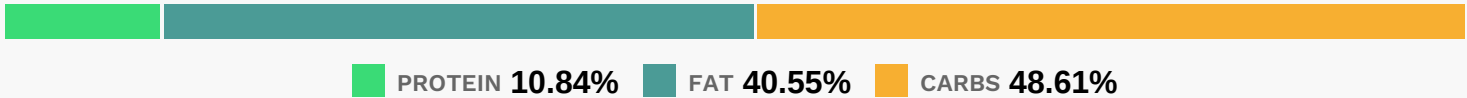
Equipment

- ☐ 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 filing 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%), Fiber: 1.81g (7.23%), Iron: 1.3mg (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%)