



## Not Your Usual Lemon Meringue Pie

 Vegetarian

READY IN



1475 min.

SERVINGS



8

CALORIES



532 kcal

DESSERT

### Ingredients

- 8 servings confectioners' sugar
- 1 cup egg whites at room temperature (from 8 eggs)
- 4 large eggs
- 0.7 cup juice of lemon freshly squeezed
- 1 lemon zest grated
- 0.8 cup brown sugar light packed
- 8 mint sprigs
- 6 sheets phyllo dough thawed

- 0.5 cup raspberries fresh pureed
- 0.8 cup sugar
- 1 cup sugar
- 4 tablespoons butter unsalted cold cut into pieces
- 8 tablespoons butter unsalted melted (1 stick)

## Equipment

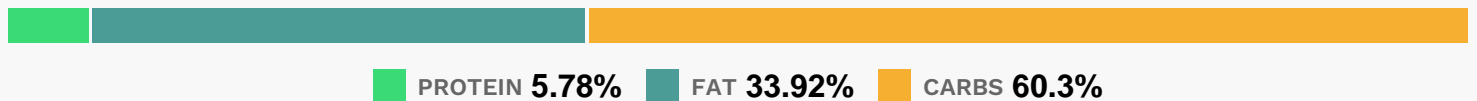
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- mixing bowl
- blender
- hand mixer
- blow torch
- pastry bag

## Directions

- Bring about 1-inch of water to a simmer in a large saucepan. In a mixer fitted with a whisk attachment, whisk the eggs and sugar together until very light yellow and fluffy.
- Whisk in the lemon juice and lemon zest. Rest the mixing bowl in the saucepan with the bowl's base above the simmering water (pour out some of the water if necessary.) Cook, whisking occasionally, until the mixture is thick and custard like, about 15 minutes.
- Remove the bowl from the heat and stir in the butter.
- Let cool, cover, and refrigerate overnight. Squeeze a dab of meringue on each of 8 plates and press one phyllo triangle down on it. Spoon a heaping tablespoon of lemon curd in the center, then pipe on some meringue. If possible, brown the meringue with a blowtorch.

- Place another phyllo triangle on top and repeat, topping off with a final phyllo triangle.
- Garnish with a mint sprig, a dusting of powdered sugar, and raspberry puree, if desired.
- In a mixer fitted with a whisk attachment (or using a hand mixer) and a clean dry bowl, whip the egg whites until soft peaks form.
- Add the brown sugar and continue whipping until stiff and glossy, about 30 seconds more. Gently spoon meringue into a pastry bag fitted with a plain tip.
- Preheat the oven to 350 degrees F. Line a large sheet pan with parchment paper.
- Place 1 sheet of phyllo on the pan and brush with melted butter.
- Sprinkle evenly with 2 tablespoons of the sugar and then place another sheet of phyllo on top.
- Brush with melted butter, sprinkle with sugar, lay another sheet of phyllo on top, and brush with melted butter, and sprinkle with sugar. Repeat on another sheet pan with remaining 3 sheets of phyllo, butter, and sugar. You should have 2 stacks of phyllo dough, each 3 sheets thick. With the tip of a sharp knife, cut each stack into 12 triangles. Cover both stacks with parchment paper.
- Place one of the pans on top of the other to weight it down. Then place another empty sheet pan on the very top (this is to keep the phyllo from buckling during baking).
- Bake 10 to 12 minutes, until the phyllo is golden brown.
- Remove the whole stack of sheet pans and let cool (do not unstack the pans).

## Nutrition Facts



## Properties

Glycemic Index:25.52, Glycemic Load:33.39, Inflammation Score:-4, Nutrition Score:7.1539130625517%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 532.08kcal (26.6%), Fat: 20.57g (31.64%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 82.27g (27.42%), Net Carbohydrates: 81.29g (29.56%), Sugar: 72.71g (80.79%), Cholesterol: 138.15mg (46.05%), Sodium: 164.07mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.77%), Selenium: 17.88µg (25.54%), Vitamin B2: 0.32mg (18.96%), Vitamin A: 706.34IU (14.13%), Vitamin C: 11.12mg (13.48%), Folate: 33.22µg (8.31%), Manganese: 0.16mg (7.94%), Phosphorus: 75.23mg (7.52%), Iron: 1.22mg (6.79%), Vitamin B1: 0.1mg (6.53%), Vitamin B5: 0.59mg (5.91%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.81µg (5.43%), Potassium: 167.22mg (4.78%), Vitamin B12: 0.29µg (4.76%), Calcium: 46.9mg (4.69%), Fiber: 0.98g (3.91%), Vitamin B3: 0.75mg (3.73%), Vitamin B6: 0.07mg (3.67%), Magnesium: 14.54mg (3.63%), Copper: 0.07mg (3.5%), Zinc: 0.49mg (3.24%), Vitamin K: 2.49µg (2.37%)