



Orange Meringue Pie

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



360 kcal

DESSERT

Ingredients

- 4 tablespoons butter cut into pieces
- 0.3 cup cornstarch
- 0.3 teaspoon cream of tartar
- 4 eggs separated
- 0.5 cup juice of lemon
- 1 cup orange juice
- 0.5 cup orange segments diced
- 2 teaspoons orange zest grated

- 1 pinch salt
- 0.8 cup sugar
- 1 9-inch unbaked pie crust ()
- 0.3 cup water
- 0.5 cup sugar white

Equipment

- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- aluminum foil

Directions

- Preheat oven to 400 degrees F (205 degrees C). Line pastry with aluminum foil and a layer of pie weights or dried beans.
- Bake in the preheated oven until edge of crust is golden, about 10 minutes. Carefully remove the foil and weights; bake about 5 minutes more.
- In a small saucepan, stir together the 3/4 cup sugar, 1/3 cup cornstarch, and salt.
- Mix in the orange juice, lemon juice, and water.
- Whisk in the egg yolks. Cook over medium heat, stirring frequently, until thick and bubbly, about 5 minutes.
- Remove from heat, and stir in butter and orange zest. If desired; stir in diced orange segments.
- Pour into prepared pie crust, cover with plastic wrap, and set aside to cool.
- When pie filling has cooled to room temperature, preheat oven and prepare meringue. Preheat oven to 350 degrees F (175 degrees C). In a large glass or metal bowl, beat egg whites until foamy. Gradually add 1/2 cup sugar and cream of tartar, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape.

Spread over pie, making sure the meringue completely covers the filling and meets the edges of the pie crust.

Bake in preheated oven until meringue topping is golden brown, about 15 minutes.

Nutrition Facts

PROTEIN 5.22% **FAT 35.57%** **CARBS 59.21%**

Properties

Glycemic Index:29.34, Glycemic Load:23.91, Inflammation Score:-4, Nutrition Score:6.6117391741794%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 8.98mg, Hesperetin: 8.98mg, Hesperetin: 8.98mg, Hesperetin: 8.98mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 359.99kcal (18%), Fat: 14.46g (22.25%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 54.16g (18.05%), Net Carbohydrates: 53.05g (19.29%), Sugar: 35.31g (39.23%), Cholesterol: 81.84mg (27.28%), Sodium: 206.03mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 28.08mg (34.04%), Selenium: 8.62µg (12.32%), Folate: 43.78µg (10.95%), Vitamin B2: 0.17mg (9.89%), Vitamin A: 459.77IU (9.2%), Vitamin B1: 0.12mg (8.01%), Phosphorus: 72.04mg (7.2%), Manganese: 0.13mg (6.5%), Iron: 1.17mg (6.49%), Vitamin B5: 0.55mg (5.54%), Potassium: 172.93mg (4.94%), Fiber: 1.1g (4.42%), Vitamin B3: 0.87mg (4.34%), Vitamin E: 0.62mg (4.13%), Vitamin B6: 0.08mg (3.88%), Vitamin B12: 0.2µg (3.38%), Copper: 0.06mg (3.12%), Magnesium: 12.4mg (3.1%), Calcium: 29.45mg (2.95%), Vitamin D: 0.44µg (2.93%), Zinc: 0.44mg (2.91%), Vitamin K: 1.92µg (1.83%)