



Pa Pa's Chess Pie

READY IN



55 min.

SERVINGS



16

CALORIES



255 kcal

DESSERT

Ingredients

- ☐ 6 egg whites
- ☐ 6 egg yolks beaten
- ☐ 5 tablespoons flour all-purpose
- ☐ 1 teaspoon lemon extract
- ☐ 0.5 cup butter melted
- ☐ 1 cup milk
- ☐ 16 inch pastry shells prepared
- ☐ 1 teaspoon vanilla extract
- ☐ 3 cups sugar white

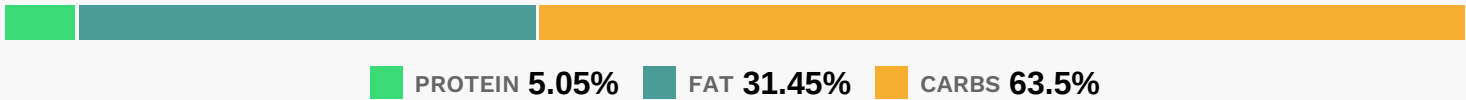
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, beat egg whites until stiff but not dry. Set aside. In a separate bowl, cream together margarine and sugar.
- ☐ Mix in flour, then 1/2 cup milk.
- ☐ Add egg yolks, vanilla extract, and lemon extract.
- ☐ Mix until smooth, then stir in the remaining 1 cup milk.
- ☐ Gently fold egg whites into milk mixture.
- ☐ Pour half of mixture into each pastry shell.
- ☐ Bake in preheated oven for 5 minutes. Reduce heat to 325 degrees F (165 degrees C) and bake an additional 35 to 40 minutes, until toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:28.36, Inflammation Score:-2, Nutrition Score:2.9926086568638%

Nutrients (% of daily need)

Calories: 255.36kcal (12.77%), Fat: 9.12g (14.03%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 41.31g (15.02%), Sugar: 38.33g (42.59%), Cholesterol: 74.73mg (24.91%), Sodium: 101.37mg (4.41%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.29g (6.58%), Selenium: 7.95µg (11.36%), Vitamin B2: 0.13mg (7.93%), Vitamin A: 375.81IU (7.52%), Phosphorus: 49.12mg (4.91%), Folate: 16.65µg (4.16%), Vitamin B12: 0.23µg (3.85%), Vitamin D: 0.53µg (3.55%), Vitamin B1: 0.05mg (3.34%), Calcium: 31.39mg (3.14%), Vitamin B5: 0.3mg (2.96%), Vitamin E: 0.42mg (2.78%), Iron: 0.39mg (2.14%), Manganese: 0.04mg (1.8%), Vitamin B6: 0.04mg (1.79%), Zinc: 0.25mg (1.7%), Potassium: 56.73mg (1.62%), Vitamin B3: 0.28mg (1.38%), Magnesium: 4.57mg (1.14%)