



Peach-Topped Angel Pie

 Vegetarian

READY IN



165 min.

SERVINGS



45

CALORIES



72 kcal

DESSERT

Ingredients

- 1.5 tsp calumet baking powder
- 6 egg whites
- 8.5 oz peach in juice drained canned
- 1.3 cups sugar
- 2 tsp vanilla divided
- 42 vanilla wafers divided
- 1 cup whipping cream

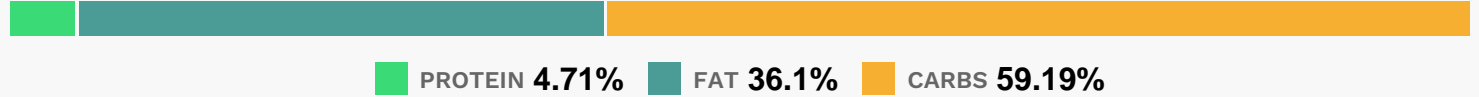
Equipment

- bowl
- oven
- blender

Directions

- Heat oven to 300F.
- Crush 28 wafers finely. Beat egg whites in large bowl with mixer on high speed until soft peaks form. Gradually add sugar, beating until stiff peaks form.
- Add wafer crumbs, baking powder and 1 tsp. vanilla; stir gently until blended.
- Spread onto bottom of 9-inch pie plate sprayed with cooking spray. Stand remaining wafers around edge of pie plate.
- Bake 1-1/4 hours or until egg white mixture is firm and lightly browned. Cool completely.
- Beat cream and remaining vanilla in small bowl with mixer on high speed until stiff peaks form.
- Spread over pie; top with peaches.

Nutrition Facts



Properties

Glycemic Index:6.21, Glycemic Load:7.46, Inflammation Score:-1, Nutrition Score:0.76826087029084%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 71.62kcal (3.58%), Fat: 2.92g (4.5%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 10.63g (3.86%), Sugar: 8.34g (9.27%), Cholesterol: 6.03mg (2.01%), Sodium: 49.02mg (2.13%), Alcohol: 0.06g (100%), Alcohol %: 0.31% (100%), Protein: 0.86g (1.72%), Vitamin B2: 0.04mg (2.55%), Vitamin A: 95.2IU (1.9%), Vitamin B1: 0.03mg (1.74%), Selenium: 1.11µg (1.58%), Folate: 5.62µg (1.41%), Calcium: 13.86mg (1.39%),

Phosphorus: 10.86mg (1.09%)