



Peanut Butter Meringue Pie

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



484 kcal

DESSERT

Ingredients

- 2 cups confectioners' sugar
- 1 tablespoon cornstarch
- 0.3 teaspoon cream of tartar
- 4 egg whites room temperature
- 1 cup peanut butter
- 19-inch unbaked pie crust ()
- 0.5 teaspoon vanilla extract
- 0.3 cup water

0.5 cup sugar white

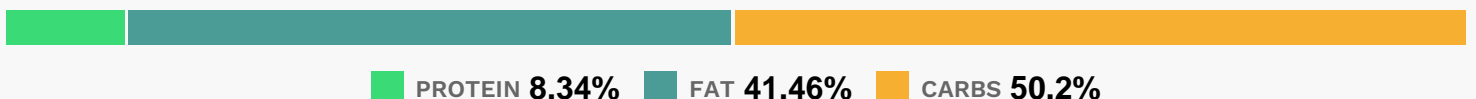
Equipment

- bowl
- sauce pan
- oven
- whisk
- hand mixer
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 9-inch pie pan with prepared pie crust.
- Beat confectioners' sugar and peanut butter together in a bowl with an electric mixer until smooth.
- Spread peanut butter mixture into prepared pie crust.
- Whisk water, cornstarch, and 1 tablespoon white sugar together in a saucepan; bring to a boil for 15 seconds, stirring constantly.
- Remove saucepan from heat and cover with a lid.
- Beat egg whites in a glass or metal bowl until soft peaks form. Lift the beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak.
- Beat cream of tartar and vanilla into egg whites. Gradually add 1/2 cup white sugar, continuing to beat until stiff peaks form. Lift the beater or whisk straight up: the egg whites will form sharp peaks.
- Beat cornstarch mixture into egg white mixture on lowest speed, 1 tablespoon at a time. Increase speed to medium and beat egg whites for 10 seconds to form meringue.
- Spread meringue over peanut butter mixture to the edges of the pie crust.
- Bake in the preheated oven until meringue peaks are golden, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:9.52, Inflammation Score:-3, Nutrition Score:8.4713043278974%

Nutrients (% of daily need)

Calories: 484.18kcal (24.21%), Fat: 23.06g (35.48%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 62.85g (20.95%), Net Carbohydrates: 60.67g (22.06%), Sugar: 45.34g (50.38%), Cholesterol: 0mg (0%), Sodium: 266.88mg (11.6%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 10.43g (20.87%), Manganese: 0.59mg (29.4%), Vitamin B3: 4.98mg (24.91%), Vitamin E: 3.05mg (20.35%), Magnesium: 60.06mg (15.02%), Phosphorus: 129.73mg (12.97%), Folate: 45.83µg (11.46%), Vitamin B2: 0.18mg (10.49%), Fiber: 2.18g (8.73%), Selenium: 6.03µg (8.61%), Copper: 0.16mg (8.15%), Vitamin B6: 0.16mg (7.83%), Vitamin B1: 0.11mg (7.59%), Potassium: 247.31mg (7.07%), Iron: 1.25mg (6.96%), Zinc: 0.94mg (6.28%), Vitamin B5: 0.47mg (4.72%), Calcium: 22.38mg (2.24%), Vitamin K: 1.92µg (1.83%)