



Perfect Lemon Meringue Pie

READY IN



205 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 deep dish pie crust frozen pillsbury® pet ritz®
- ☐ 5 eggs separated
- ☐ 1 juice of lemon
- ☐ 3 tablespoons optional: lemon grated
- ☐ 1 Dash salt
- ☐ 1.8 cups sugar

☐ 1.5 cups water boiling

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 400°F.
- ☐ Let crust thaw 10 minutes.
- ☐ Bake on oven rack 11 to 14 minutes or until lightly browned. Cool.
- ☐ In large microwavable glass bowl, mix egg yolks, 1 1/2 cups of the sugar, lemon peel, lemon juice and cornstarch with whisk.
- ☐ Add ¼ cup of boiling water into the mixture using whisk to combine.
- ☐ Add an additional ¼ cup of boiling water.
- ☐ Add the remaining boiling water to the mixture.
- ☐ Microwave on High 4 minutes; stir with whisk. Microwave on High an additional 2 minutes; stir. Continue microwaving at 2-minute intervals at a time until lemon mixture is thickened, about 8 minutes. Stir in butter.
- ☐ Reduce oven temperature to 325°F. In a medium glass bowl, beat the egg whites and cream of tartar with electric mixer on high speed until soft peaks form. Slowly beat in remaining ¼ cups sugar, 1 tablespoon at a time, until stiff peaks form and mixture is glossy. Spoon egg white mixture onto pie filling.
- ☐ Spread over filling, carefully sealing meringue to edge of crust to prevent shrinking.
- ☐ Bake 35 to 40 minutes, or until the meringue is golden brown and temperature in center of meringue reaches 160°F.. Cool away from draft 2 hours. Refrigerate cooled pie until serving. Store covered in refrigerator.

Nutrition Facts



 **PROTEIN 5.37%**  **FAT 29.02%**  **CARBS 65.61%**

Properties

Glycemic Index:18.2, Glycemic Load:30.63, Inflammation Score:-1, Nutrition Score:5.007826089859%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 375.52kcal (18.78%), Fat: 12.32g (18.96%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 62.08g (22.58%), Sugar: 44g (48.89%), Cholesterol: 106.06mg (35.35%), Sodium: 158.2mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Selenium: 10.17µg (14.53%), Vitamin B2: 0.18mg (10.39%), Folate: 36.09µg (9.02%), Phosphorus: 75.97mg (7.6%), Manganese: 0.15mg (7.45%), Iron: 1.21mg (6.7%), Vitamin B5: 0.54mg (5.41%), Vitamin C: 4.39mg (5.32%), Vitamin B1: 0.08mg (5.22%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.44µg (4.23%), Vitamin B12: 0.25µg (4.13%), Vitamin A: 193.68IU (3.87%), Vitamin B3: 0.74mg (3.68%), Vitamin D: 0.55µg (3.67%), Zinc: 0.5mg (3.36%), Vitamin B6: 0.07mg (3.31%), Copper: 0.06mg (2.89%), Potassium: 92.1mg (2.63%), Calcium: 25.02mg (2.5%), Fiber: 0.61g (2.44%), Magnesium: 8.85mg (2.21%)