



## Red Currant Pie

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



219 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 2 teaspoons cornstarch
- 2 egg whites
- 2 egg yolks
- 1.5 cups flour all-purpose
- 1.5 teaspoons lemon zest grated
- 2.3 cups currants red

0.5 cup sugar white

## Equipment

bowl

oven

springform pan

## Directions

To Make Dough: In a medium bowl, sift together flour and baking powder.

Mix in butter, sugar, egg yolks and lemon zest until mixture forms dough.

Let rest in cool place for 30 minutes.

Preheat oven to 325 degrees F (165 degrees C).

Roll out dough and put into a springform pan.

Bake in oven for 25 minutes, or until golden yellow.

To Make Filling: In a medium bowl, beat egg whites until stiff. Gradually stir in sugar and cornstarch; beat for 5 minutes. Fold currants into mixture and pour into pie crust.

Bake in oven for 10 minutes, or until top is lightly browned.

## Nutrition Facts



**PROTEIN 6.51%** **FAT 42.27%** **CARBS 51.22%**

## Properties

Glycemic Index:28.71, Glycemic Load:17.44, Inflammation Score:-3, Nutrition Score:5.4991304045138%

## Nutrients (% of daily need)

Calories: 218.83kcal (10.94%), Fat: 10.44g (16.06%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 26.82g (9.75%), Sugar: 11.97g (13.3%), Cholesterol: 63.28mg (21.09%), Sodium: 127.85mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Selenium: 9.91µg (14.16%), Vitamin C: 10.72mg (12.99%), Vitamin B1: 0.16mg (10.97%), Folate: 42.2µg (10.55%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.18mg (8.9%), Iron: 1.28mg (7.12%), Vitamin A: 346.28IU (6.93%), Fiber: 1.63g (6.5%), Phosphorus: 57.85mg (5.79%), Vitamin B3: 1.15mg (5.73%), Calcium: 42.93mg (4.29%), Vitamin K: 3.65µg (3.47%), Potassium: 106.56mg (3.04%), Copper: 0.06mg (2.97%), Vitamin E: 0.39mg (2.62%), Vitamin B5: 0.23mg (2.31%), Magnesium: 8.63mg (2.16%),

Vitamin B6: 0.04mg (1.98%), Zinc: 0.29mg (1.91%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.19µg (1.3%)