



Shaker-ish Lemon Pie

READY IN



1514 min.

SERVINGS



12

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 4 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup golden syrup (such as Lyle's Golden Syrup)
- ☐ 2 pounds optional: lemon organic
- ☐ 14.1 ounce pie crust dough refrigerated divided (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar divided
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ peeler

Directions

- ☐ Remove rind from lemons using a vegetable peeler, avoiding white pith; thinly slice rind.
- ☐ Remove pith from lemons; discard. Chop lemon pulp; discard seeds.
- ☐ Combine rind, pulp, cane syrup, 3/4 cup sugar, and salt in a bowl. Cover and refrigerate 24 hours.
- ☐ Preheat oven to 350
- ☐ Fit one pie dough circle into a 9-inch pie plate lightly coated with baking spray. Press dough against bottom and sides of pan.
- ☐ Place egg whites and whole eggs in a bowl; lightly beat with a fork to combine.
- ☐ Add egg mixture and butter to lemon mixture; stir to combine.
- ☐ Pour filling into prepared pie plate.
- ☐ Place remaining dough circle over filling; fold edges under, and flute decoratively.
- ☐ Cut slits in top of dough to allow steam to escape.
- ☐ Bake at 350 for 45 minutes or until crust is golden and filling is almost set.
- ☐ Combine remaining 2 tablespoons sugar and 1 tablespoon water.
- ☐ Remove pie from oven (leave oven on); brush sugar mixture over top of pie.
- ☐ Bake at 350 for an additional 5 minutes.
- ☐ Place pie on a wire rack; cool completely before slicing.

Nutrition Facts



 **PROTEIN 5.87%**  **FAT 27.51%**  **CARBS 66.62%**

Properties

Glycemic Index:13.22, Glycemic Load:24.16, Inflammation Score:-4, Nutrition Score:6.9317391229712%

Flavonoids

Eriodictyol: 16.15mg, Eriodictyol: 16.15mg, Eriodictyol: 16.15mg, Eriodictyol: 16.15mg Hesperetin: 21.09mg, Hesperetin: 21.09mg, Hesperetin: 21.09mg, Hesperetin: 21.09mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 339.21kcal (16.96%), Fat: 10.71g (16.47%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 58.34g (19.45%), Net Carbohydrates: 55.39g (20.14%), Sugar: 36.98g (41.09%), Cholesterol: 33.51mg (11.17%), Sodium: 216.61mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin C: 40.07mg (48.57%), Fiber: 2.95g (11.8%), Selenium: 7.05µg (10.07%), Vitamin B2: 0.16mg (9.46%), Folate: 36.03µg (9.01%), Manganese: 0.17mg (8.71%), Vitamin B1: 0.13mg (8.38%), Iron: 1.48mg (8.23%), Phosphorus: 54.51mg (5.45%), Vitamin B3: 0.99mg (4.97%), Potassium: 166.61mg (4.76%), Vitamin B6: 0.09mg (4.59%), Vitamin B5: 0.43mg (4.28%), Magnesium: 13.29mg (3.32%), Calcium: 31.89mg (3.19%), Copper: 0.06mg (3.14%), Vitamin E: 0.38mg (2.54%), Vitamin K: 2.54µg (2.42%), Zinc: 0.31mg (2.06%), Vitamin A: 91.12IU (1.82%), Vitamin B12: 0.09µg (1.43%), Vitamin D: 0.18µg (1.23%)