Shaker Lemon Pie

Vegetarian Gluten Free Dairy Free Low Fod Map

READY IN	SERVINGS	CALORIES
45 min.	8	232 kcal

DESSERT

Ingredients

- [ ] 4 eggs beaten
- [ ] 2 lemons thinly sliced
- [ ] 2 cups sugar white

Equipment

- [ ] bowl
- [ ] oven
- [ ] knife

Directions

- [ ] Slice the lemons and combine in a large bowl with the 2 cups sugar.
- [ ] Let stand for at least 4 hours, preferably overnight.
- [ ] Add the beaten eggs and mix well.
- [ ] Pour into an unbaked 9 inch piecrust and cover with a top crust.
- [ ] Brush the top with milk and sprinkle granulated sugar on top.
- [ ] Bake at 450 degrees F (230 degrees C) for 15 minutes, then reduce heat to 375 degrees F (190 degrees C) and bake for an additional 20 to 25 minutes, or until a knife inserted into the pie comes out clean.

Nutrition Facts

PROTEIN **5.05%** FAT **8.64%** CARBS **86.31%**

Properties

Glycemic Index:11.95, Glycemic Load:35.35, Inflammation Score:-1, Nutrition Score:3.3504347838461%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 231.79kcal (11.59%), Fat: 2.33g (3.59%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 51.72g (18.81%), Sugar: 50.66g (56.28%), Cholesterol: 81.84mg (27.28%), Sodium: 32.28mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin C: 14.31mg (17.35%), Selenium: 7.16µg (10.23%), Vitamin B2: 0.12mg (6.79%), Phosphorus: 47.88mg (4.79%), Vitamin B5: 0.39mg (3.89%), Folate: 13.31µg (3.33%), Vitamin B12: 0.2µg (3.26%), Iron: 0.57mg (3.18%), Fiber: 0.76g (3.02%), Vitamin B6: 0.06mg (2.95%), Vitamin D: 0.44µg (2.93%), Vitamin A: 124.74IU (2.49%), Zinc: 0.31mg (2.03%), Calcium: 19.84mg (1.98%), Potassium: 68.62mg (1.96%), Vitamin E: 0.27mg (1.81%), Copper: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.31%), Magnesium: 4.8mg (1.2%)