



WHATSheATE



## Sour Cream Lemon Meringue Pie



Vegetarian

READY IN



630 min.

SERVINGS



8

CALORIES



266 kcal

DESSERT

### Ingredients

- ☐ 1 pinch baking soda
- ☐ 4 tablespoons butter
- ☐ 1 tablespoon cornstarch
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 1.5 cups graham crackers (20 squares)
- ☐ 6 tablespoons granulated sugar
- ☐ 0.3 cup juice of lemon (read directions before adding)

- ☐ 1 tablespoon lemon zest
- ☐ 1 cup heavy whipping cream
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons water
- ☐ 1 cup milk (whole)

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ stove

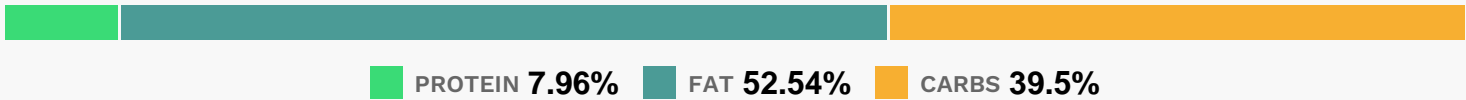
## Directions

- ☐ Whisk egg yolks in a bowl set next to stove.
- ☐ Combine sugar and cornstarch in a small saucepan.
- ☐ Whisk in half cup of the milk.
- ☐ Add remaining milk and turn heat to medium. Cook, whisking constantly, until mixture is thick. Carefully spoon or pour a little of the milk mixture into the bowl of egg yolks, stirring well – this tempers the yolks.
- ☐ Add yolk mixture back to saucepan and bring to a low boil. Cook, whisking constantly, for 2 minutes.
- ☐ Remove from heat and add butter. Stir until butter melts, then add 1/4 cup lemon juice. Test to see if it's lemony enough for you and if not, add remaining lemon juice and zest until you are satisfied with the lemon level.
- ☐ Let cool completely in the saucepan. Stir sour cream into cooled lemon mixture and pour/spread in pie crust. Prepare meringue. Meringue: In a small cup, dissolve cornstarch in 2

tablespoon of the water. Bring remaining 1/2 cup water to a boil in a small saucepan.

- ☐ Add cornstarch mixture to boiling water and cook, whisking stirring constantly, until clear and thickened.
- ☐ Let stand until completely cool.Using an electric mixer, beat eggs until foamy. Gradually (1 tablespoon at a time) beat in sugar. Reduce mixer to low and add baking soda and vanilla. Raise mixer speed back to high and beat in cornstarch/syrup mixture, beating until thick and fairly stiff.
- ☐ Spread over a cooled filling.
- ☐ Bake at 350 degrees for 15 minutes or until golden brown.
- ☐ Let cool on a wire rack and chill pie for at least 2 hours or until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:29.01, Glycemic Load:15.92, Inflammation Score:-3, Nutrition Score:5.2482609230539%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 265.86kcal (13.29%), Fat: 15.68g (24.12%), Saturated Fat: 7.94g (49.65%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 25.84g (9.4%), Sugar: 15.73g (17.47%), Cholesterol: 104.52mg (34.84%), Sodium: 235.05mg (10.22%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.34g (10.69%), Vitamin B2: 0.23mg (13.25%), Phosphorus: 116mg (11.6%), Selenium: 7.85µg (11.22%), Vitamin A: 496.21IU (9.92%), Calcium: 92.39mg (9.24%), Vitamin B12: 0.37µg (6.21%), Folate: 21.12µg (5.28%), Iron: 0.92mg (5.13%), Vitamin C: 4.18mg (5.06%), Vitamin B1: 0.08mg (5.05%), Magnesium: 19.01mg (4.75%), Zinc: 0.71mg (4.75%), Vitamin D: 0.68µg (4.53%), Vitamin B5: 0.44mg (4.45%), Potassium: 150.36mg (4.3%), Vitamin B6: 0.08mg (3.77%), Vitamin B3: 0.73mg (3.63%), Vitamin E: 0.46mg (3.1%), Fiber: 0.69g (2.74%), Copper: 0.02mg (1.11%), Vitamin K: 1.06µg (1.01%)