



## Tequila-Key Lime Meringue Pie

 Vegetarian

READY IN



250 min.

SERVINGS



12

CALORIES



448 kcal

DESSERT

### Ingredients

- 6 tablespoons butter melted
- 1.5 tablespoons cornstarch
- 1.5 teaspoons cream of tartar
- 4 large egg whites
- 8 large egg yolks
- 1.5 cups graham cracker crumbs
- 1 teaspoon ground cinnamon
- 0.1 teaspoon kosher salt

- 0.3 teaspoon kosher salt
- 0.8 cup key lime juice
- 2 tablespoons lime zest
- 0.3 cup sugar
- 1 cup sugar
- 28 oz condensed milk sweetened canned
- 1 tablespoon tequila
- 1.5 teaspoons vanilla extract
- 0.7 cup water boiling
- 3 tablespoons water cold

## Equipment

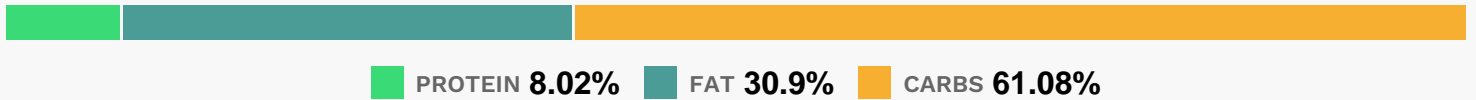
- bowl
- sauce pan
- oven
- whisk
- wire rack
- stand mixer

## Directions

- Preheat oven to 35
- Stir together first 5 ingredients; firmly press mixture on bottom and up sides of a lightly greased 9 1/2-inch deep-dish pie plate.
- Bake 15 minutes or until lightly browned.
- Transfer to a wire rack, and cool completely (about 30 minutes).
- Whisk together egg yolks and next 4 ingredients in a large bowl; pour mixture into cooled crust.
- Bake at 350 for 25 minutes or until set. Cool completely on a wire rack (about 1 hour).
- Preheat oven to 37

- Whisk 3 Tbsp. cold water into cornstarch in a 1-qt. saucepan; whisk in 2/3 cup boiling water. Cook over medium heat, whisking constantly, 1 minute or until a thick gel forms.
- Remove from heat; cool completely (about 30 minutes).
- Beat 4 egg whites and cream of tartar at medium-high speed with a heavy-duty electric stand mixer, using whisk attachment, until foamy. Gradually add 1 cup sugar; beat until glossy, stiff peaks form. Beat in vanilla and salt. Slowly beat in cornstarch mixture. Beat 3 minutes.
- Spread meringue over cooled pie, and bake at 375 for 15 minutes or until meringue is golden brown.
- Transfer to wire rack, and cool completely (about 45 minutes).
- Serve at room temperature, or cover and chill 8 to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:31.43, Glycemic Load:43.15, Inflammation Score:-3, Nutrition Score:8.7839130629664%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 448.41kcal (22.42%), Fat: 15.59g (23.99%), Saturated Fat: 8.48g (52.99%), Carbohydrates: 69.33g (23.11%), Net Carbohydrates: 68.79g (25.01%), Sugar: 61.06g (67.85%), Cholesterol: 159.94mg (53.31%), Sodium: 296.33mg (12.88%), Alcohol: 0.59g (100%), Alcohol %: 0.45% (100%), Protein: 9.11g (18.21%), Selenium: 18.59µg (26.56%), Vitamin B2: 0.42mg (24.6%), Phosphorus: 238.73mg (23.87%), Calcium: 218.22mg (21.82%), Potassium: 378.52mg (10.81%), Vitamin A: 523.53IU (10.47%), Vitamin B12: 0.53µg (8.9%), Vitamin B5: 0.89mg (8.85%), Vitamin C: 6.55mg (7.95%), Folate: 30.91µg (7.73%), Zinc: 1.12mg (7.46%), Vitamin B1: 0.11mg (7.23%), Magnesium: 26.95mg (6.74%), Iron: 0.94mg (5.24%), Vitamin D: 0.74µg (4.96%), Vitamin B6: 0.09mg (4.56%), Vitamin E: 0.6mg (4%), Vitamin B3: 0.58mg (2.91%), Manganese: 0.05mg (2.35%), Fiber: 0.54g (2.17%), Copper: 0.04mg (1.79%), Vitamin K: 1.12µg (1.06%)