

Vinegar Pie I

READY IN



55 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 0.3 cup flour all-purpose sifted
- ☐ 0.3 teaspoon lemon extract
- ☐ 1 9-inch pie crust
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup water
- ☐ 3 tablespoons distilled vinegar white

☐ 6 tablespoons sugar white

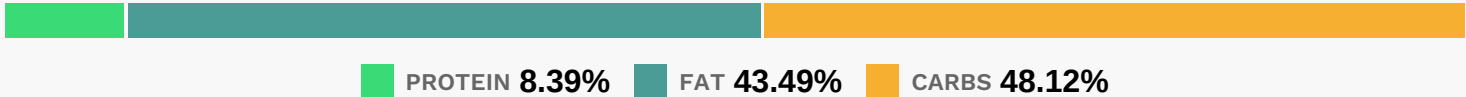
Equipment

- ☐ oven
- ☐ whisk
- ☐ double boiler

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Mix the flour with 1/2 cup of sugar.
- ☐ Add the water gradually and cook on top of a double boiler for 15 minutes, stirring constantly, or until thickened.
- ☐ Combine the remaining 1/2 cup of sugar with the yolks and salt and mix well with a whisk until the sugar is dissolved.
- ☐ Add the hot flour mixture to the yolk mixture gradually, mixing all the time. Return to the double boiler and cook for about 3 minutes more or until the mixture is thick and smooth.
- ☐ Add the butter, extract, and vinegar.
- ☐ Mix well and remove from heat.
- ☐ Place a piece of plastic on top of this custard.
- ☐ Meanwhile, beat the egg whites until foamy and gradually add the 6 tablespoons sugar. Beat until a stiff, glossy peak is achieved.
- ☐ Pour the custard filling into the prebaked shell (the custard should still be hot, if not, heat up a again before adding to shell). Top with the meringue.
- ☐ Spread the meringue all over the top of the pie, sealing to the edges of the crust.
- ☐ Place into the oven and bake until the meringue is a nice nut brown, about 15 minutes. Traditionally, this pie is served hot.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:8.44, Inflammation Score:-1, Nutrition Score:3.8886956650278%

Nutrients (% of daily need)

Calories: 204.33kcal (10.22%), Fat: 9.81g (15.1%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 23.7g (8.62%), Sugar: 9.11g (10.13%), Cholesterol: 76.66mg (25.55%), Sodium: 162.46mg (7.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Selenium: 8.88µg (12.69%), Vitamin B2: 0.15mg (8.77%), Folate: 35.01µg (8.75%), Vitamin B1: 0.11mg (7.46%), Manganese: 0.15mg (7.3%), Iron: 1.03mg (5.73%), Phosphorus: 50.89mg (5.09%), Vitamin B3: 0.92mg (4.6%), Vitamin B5: 0.34mg (3.43%), Fiber: 0.73g (2.92%), Vitamin A: 141.32IU (2.83%), Vitamin D: 0.39µg (2.61%), Vitamin B12: 0.14µg (2.41%), Vitamin E: 0.33mg (2.21%), Zinc: 0.3mg (2.03%), Vitamin B6: 0.04mg (1.92%), Copper: 0.04mg (1.91%), Vitamin K: 2.01µg (1.91%), Calcium: 16.61mg (1.66%), Magnesium: 6.58mg (1.64%), Potassium: 54.85mg (1.57%)