



Vinegar Pie V

 Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



167 kcal

DESSERT

Ingredients

- 3 eggs
- 3 tablespoons flour all-purpose
- 1 teaspoon juice of lemon
- 19-inch pie crust ()
- 0.3 teaspoon salt
- 2 cups water boiling
- 0.3 cup distilled vinegar white
- 3 tablespoons sugar white

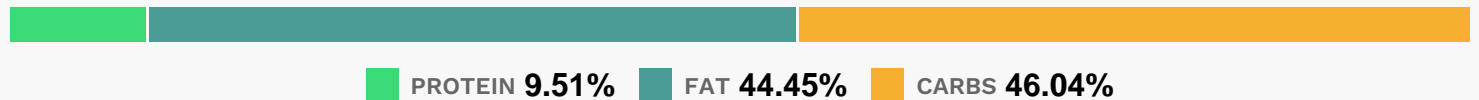
Equipment

- oven
- double boiler

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Separate the eggs and beat the whites until soft peaks form, beat in 3 tablespoons of the sugar and continue beating the whites until glossy.
- In the top half of a double boiler; beat the egg yolks until thick. Beat in 1 cup of the sugar, the flour, and salt.
- Mix thoroughly.
- Add the boiling water slowly, stirring constantly. Stir in the vinegar.
- Cook egg yolk mixture over hot water until mixture is thick and smooth. Stir in the salt and the lemon juice.
- Pour the batter into one 9 inch baked pie shell. Cover top of pie with meringue.
- Bake at 325 degrees (165 degrees C) for 20 minutes. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:4.7, Inflammation Score:-1, Nutrition Score:3.6452173629533%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 166.98kcal (8.35%), Fat: 8.13g (12.51%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 18.25g (6.63%), Sugar: 4.58g (5.09%), Cholesterol: 61.38mg (20.46%), Sodium: 225.8mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Selenium: 7.51µg (10.73%), Vitamin B2: 0.13mg

(7.81%), Folate: 30.53µg (7.63%), Manganese: 0.14mg (6.96%), Vitamin B1: 0.1mg (6.51%), Iron: 1.08mg (5.97%), Phosphorus: 54.08mg (5.41%), Vitamin B3: 0.85mg (4.27%), Vitamin B5: 0.37mg (3.67%), Fiber: 0.7g (2.81%), Vitamin B12: 0.15µg (2.45%), Zinc: 0.35mg (2.35%), Copper: 0.05mg (2.26%), Vitamin D: 0.33µg (2.2%), Vitamin B6: 0.04mg (2.1%), Vitamin E: 0.29mg (1.94%), Vitamin A: 89.39IU (1.79%), Vitamin K: 1.88µg (1.79%), Magnesium: 7.06mg (1.76%), Calcium: 16.81mg (1.68%), Potassium: 50.94mg (1.46%)