



Walnut Meringue Pie

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



47 kcal

DESSERT

Ingredients

- 0.5 tsp calumet baking powder
- 3 egg whites
- 4 cups cut-up fruit fresh assorted peeled (strawberries, blueberries, kiwi and peaches)
- 20 ritz crackers
- 0.3 tsp salt
- 1 cup sugar
- 1 tsp vanilla
- 0.7 cup planters walnuts chopped

1 cup cool whip whipped topping thawed

Equipment

bowl

oven

wire rack

hand mixer

Directions

Preheat oven to 325F. Beat egg whites in large bowl with electric mixer on high speed until soft peaks form.

Add salt and baking powder. Gradually add sugar, beating until well blended after each addition; continue beating until stiff peaks form.

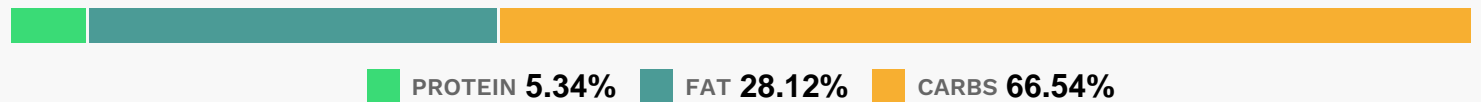
Add vanilla; mix well. Gently stir in walnuts and crackers.

Spread onto bottom and up side of well-greased 9-inch pie plate.

Bake 25 to 30 min. or until lightly browned. Cool completely on wire rack.

Fill with fruit and whipped topping just before serving.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:2.83, Inflammation Score:-1, Nutrition Score:0.93304347927156%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 46.88kcal (2.34%), Fat: 1.53g (2.35%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.64g (7.38%), Cholesterol: 0.03mg (0.01%), Sodium: 32.61mg (1.42%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 0.65g (1.3%), Manganese: 0.07mg (3.27%), Copper: 0.04mg (2.07%), Fiber: 0.44g (1.74%), Vitamin K: 1.56µg (1.49%), Phosphorus: 13.43mg (1.34%), Vitamin B2: 0.02mg (1.19%), Vitamin A: 58.68IU (1.17%)