



Zesty Lemon Pie

 Vegetarian

READY IN



380 min.

SERVINGS



8

CALORIES



572 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 6 egg yolks
- ☐ 1 cup graham cracker crumbs
- ☐ 1 slices garnishes: lemon mint leaves fresh
- ☐ 1 cup juice of lemon fresh
- ☐ 2 tablespoons powdered sugar
- ☐ 3 tablespoons powdered sugar
- ☐ 28 oz condensed milk sweetened canned

☐ 1 cup whipping cream

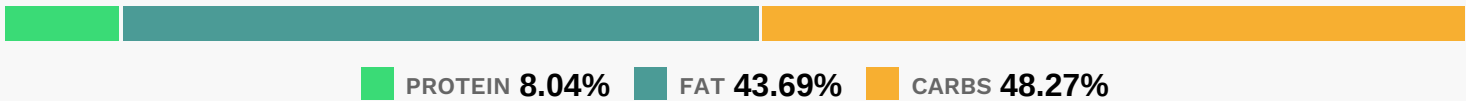
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 2 ingredients; add butter, stirring until blended. Press mixture on bottom and up sides of a 9-inch deep-dish pie plate.
- ☐ Bake 10 minutes.
- ☐ Let cool completely on a wire rack (about 30 minutes).
- ☐ Whisk together egg yolks, sweetened condensed milk, and lemon juice.
- ☐ Pour into prepared crust.
- ☐ Bake at 350 for 15 minutes.
- ☐ Let cool completely on a wire rack (about 1 hour). Cover and chill 4 hours.
- ☐ Beat whipping cream at high speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form; dollop over chilled pie.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:38.58, Inflammation Score:-6, Nutrition Score:12.602174025515%

Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg,

Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 571.54kcal (28.58%), Fat: 28.33g (43.59%), Saturated Fat: 16.45g (102.84%), Carbohydrates: 70.42g (23.47%), Net Carbohydrates: 69.97g (25.44%), Sugar: 63g (70%), Cholesterol: 224.44mg (74.81%), Sodium: 243.92mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Phosphorus: 345.94mg (34.59%), Vitamin B2: 0.57mg (33.7%), Selenium: 23.25µg (33.22%), Calcium: 330.58mg (33.06%), Vitamin A: 1035.26IU (20.71%), Vitamin C: 14.6mg (17.7%), Potassium: 463.17mg (13.23%), Vitamin B5: 1.27mg (12.7%), Vitamin B12: 0.76µg (12.61%), Folate: 43.04µg (10.76%), Zinc: 1.54mg (10.27%), Vitamin B1: 0.15mg (10.04%), Vitamin D: 1.4µg (9.36%), Magnesium: 36.79mg (9.2%), Vitamin B6: 0.13mg (6.66%), Vitamin E: 0.95mg (6.32%), Iron: 1.06mg (5.86%), Vitamin B3: 0.66mg (3.3%), Vitamin K: 2.01µg (1.91%), Copper: 0.04mg (1.87%), Fiber: 0.46g (1.83%)