

# Celestial Pie

*Marguerite Miller*

*Gourmet Eating in South Carolina - (1985)*

## CRUST

*4 egg whites*

*pinch salt*

*1 cup sugar*

*1/4 teaspoon baking powder*

*1 teaspoon vanilla*

## FILLING

*4 egg yolks*

*1/2 cup sugar*

*3 tablespoons lemon juice*

*1 tablespoon lemon rind*

*pinch salt*

*1/2 pint whipping cream*

Copyright: Hope Center for the Retarded, Inc. - Charleston, SC

Preheat the oven to 325 degrees.

In a bowl, mix together the egg whites, salt, vanilla and baking powder. Mix well on low speed. Beat on high speed, gradually adding the sugar until very stiff.

Spread the mixture into an ungreased pie pan.

Bake for 20 minutes. Reduce heat to 300 degrees. Bake for one hour.

Remove from oven. Allow crust to cool to room temperature.

Prepare the filling: Place the beaten egg yolks in the top of a double-boiler. Stir in the sugar, lemon juice, lemon rind and salt. Cook, stirring frequently, until thick. Remove from heat. Allow the mixture to cool to room temperature.

Spread the filling on the meringue crust. Whip the cream and spread on top of the filling. Chill overnight.

---

Per Serving (excluding unknown items): 2315 Calories; 109g Fat (41.4% calories from fat); 30g Protein; 315g Carbohydrate; 1g Dietary Fiber; 1177mg Cholesterol; 463mg Sodium. Exchanges: 3 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 20 1/2 Fat; 20 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

---

% Calories from Fat:	41.4%
% Calories from Carbohydrates:	53.5%
% Calories from Protein:	5.1%
Total Fat (g):	109g
Saturated Fat (g):	61g
Monounsaturated Fat (g):	33g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	1177mg
Carbohydrate (g):	315g
Dietary Fiber (g):	1g
Protein (g):	30g
Sodium (mg):	463mg
Potassium (mg):	505mg
Calcium (mg):	335mg
Iron (mg):	3mg
Zinc (mg):	3mg
Vitamin C (mg):	30mg
Vitamin A (i.u.):	4802IU
Vitamin A (r.e.):	1391RE

Vitamin B12 (mcg):	2.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.3mg
Folacin (mcg):	116mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	1/2
Fat:	20 1/2
Other Carbohydrates:	20

## Nutrition Facts

### Amount Per Serving

Calories 2315                      Calories from Fat: 958

### % Daily Values\*

<b>Total Fat</b> 109g	167%
Saturated Fat 61g	306%
<b>Cholesterol</b> 1177mg	392%
<b>Sodium</b> 463mg	19%
<b>Total Carbohydrates</b> 315g	105%
Dietary Fiber 1g	3%
<b>Protein</b> 30g	
<b>Vitamin A</b>	96%
<b>Vitamin C</b>	50%
<b>Calcium</b>	33%
<b>Iron</b>	15%

\* Percent Daily Values are based on a 2000 calorie diet.