

Heavenly Lemony Pie

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

1 Cup Sugar

1/4 Teaspoon Cream of tartar

4 Egg whites

FILLING

4 egg yolks

1/2 Cup Sugar

3 Tablespoons Lemon juice

2 Teaspoons Grated lemon rind

1 1/2 Cups Heavy cream

1/8 Teaspoon Soba noodles

1 Teaspoon Vanilla extract

1 1/2 Teaspoons Sugar

Preheat the oven to 275 degrees.

In a bowl, sift together the sugar and cream of tartar. In a bowl, beat the egg whites until stiff but not dry. Gradually add the sugar mixture, about 2 tablespoons at a time, beating after each addition until the sugar is dissolved. Take care not to under beat.

Lightly grease a 10 inch pie plate. Spread the meringue in the plate. Do not bring the meringue too close to the rim of the plate, as it will puff up as it bakes

Bake for one hour.

For the filling: in the top of a double boiler over hot water, beat the egg yolks lightly. Stir in the sugar and lemon juice and cook, stirring constantly, until thickened. Remove from the heat. Stir in the rind and cool slightly.

In a bowl, whip the cream. Add the salt, vanilla and 1 1/2 teaspoons of sugar. Fold one half of the whipped cream mixture into the cooled lemon mixture. Fill the meringue shell with the lemon mixture (this may be done as soon as the meringue comes from the oven).

Cover the lemon filling with the remaining whipped cream mixture.

Refrigerate for 24 hours.

May be garnished with mint sprigs, thin lemon slices, or grated chocolate.

Per Serving (excluding unknown items): 458 Calories; 25g Fat (49.0% calories from fat); 5g Protein; 54g Carbohydrate; trace Dietary Fiber; 223mg Cholesterol; 65mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 5 Fat; 3 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	458	Vitamin B6 (mg):	.1mg
% Calories from Fat:	49.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	46.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	25g	Folacin (mcg):	20mcg
Saturated Fat (g):	15g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	2
Cholesterol (mg):	223mg	% Refuse:	0.0%
Carbohydrate (g):	54g		
Dietary Fiber (g):	trace		
Protein (g):	5g		
Sodium (mg):	65mg		
Potassium (mg):	119mg		
Calcium (mg):	57mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	1092IU		
Vitamin A (r.e.):	315 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	3 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 458 **Calories from Fat:** 224

% Daily Values*

Total Fat 25g	39%
Saturated Fat 15g	74%
Cholesterol 223mg	74%
Sodium 65mg	3%
Total Carbohydrates 54g	18%
Dietary Fiber trace	0%
Protein 5g	
Vitamin A	22%
Vitamin C	8%
Calcium	6%
Iron	3%

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