

Lemon Angel Pie

*Mrs. Chambliss Mizelle - Lafayette, LA
River Road Recipes II (1976) - The Junion League, Baton Rouge, LA*

Servings: 8

MERINGUE CRUST

4 egg whites
1/4 teaspoon cream of tartar

1 cup sugar

FILLING

4 egg yolks
1/2 cup sugar
2 tablespoons grated lemon peel
1/4 cup lemon juice
1 cup heavy cream
toasted coconut (optional)

Preheat the oven to 275 degrees.

Grease a nine-inch pie plate.

In a bowl, beat the egg whites and cream of tartar until foamy. Beat in the sugar, one tablespoon at a time. (This should take approximately 25 minutes.)

Spread the meringue over the bottom and sides of the prepared pie plate. Shape with the back of a spoon so the bottom is 1/4 inch thick and the sides are one-inch thick.

Bake for 60 minutes.

Turn the oven off but leaving the meringue shell in the oven for one hour to cool. Remove and cool to room temperature on a wire rack.

In a saucepan, beat the egg yolks until thick and lemon colored. Beat in the sugar gradually. Blend in the lemon peel and lemon juice. Cook over medium heat, stirring constantly, for 5 to 8 minutes or until thick. Cool.

In a bowl, whip the heavy cream until soft peaks form. Reserve 1/4 of the whipped cream for topping. Fold the remaining whipped cream into the lemon mixture and spread on the cooled meringue shell. Chill for at least twelve hours.

Before serving, spoon the reserved whipped cream into the center of the pie. Sprinkle with toasted coconut, if desired.

(This pie should be made one day ahead to allow the flavors to blend.)

Per Serving (excluding unknown items): 289 Calories; 14g Fat (41.3% calories from fat); 4g Protein; 40g Carbohydrate; trace Dietary Fiber; 147mg Cholesterol; 43mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 289 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 41.3% | Vitamin B12 (mcg): | .3mcg |
| % Calories from Carbohydrates: | 53.5% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 5.1% | Riboflavin B2 (mg): | .2mg |
| Total Fat (g): | 14g | Folacin (mcg): | 15mcg |
| Saturated Fat (g): | 8g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 4g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 147mg | % Refuse: | 0% |
| Carbohydrate (g): | 40g | | |
| Dietary Fiber (g): | trace | | |
| Protein (g): | 4g | | |
| Sodium (mg): | 43mg | | |
| Potassium (mg): | 82mg | | |
| Calcium (mg): | 35mg | | |
| Iron (mg): | trace | | |
| Zinc (mg): | trace | | |
| Vitamin C (mg): | 6mg | | |
| Vitamin A (i.u.): | 601IU | | |
| Vitamin A (r.e.): | 174RE | | |

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 289 **Calories from Fat:** 119

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 14g | 21% |
| Saturated Fat 8g | 38% |
| Cholesterol 147mg | 49% |
| Sodium 43mg | 2% |
| Total Carbohydrates 40g | 13% |
| Dietary Fiber trace | 1% |
| Protein 4g | |
| Vitamin A | 12% |
| Vitamin C | 9% |
| Calcium | 3% |
| Iron | 2% |

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