

# Lemon Chiffon Pie

Mrs. Eugene H. Owen

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 16

4 egg yolks  
3/4 cup sugar  
juice of three lemons  
rind of three lemons, grated  
1 envelope unflavored gelatin  
1/3 cup water  
6 egg whites  
3/4 cup sugar  
1/2 pint heavy cream, whipped  
2 nine-inch baked pie shells

In the top portion of a double-boiler, cook the egg yolks, sugar, lemon juice and lemon rind until thick.

In a bowl, dissolve the gelatin in water. Add to the egg yolk mixture. Stir well. Let cool.

In a bowl, beat the egg whites until stiff. Fold the egg whites into the lemon mixture. Pour the mixture into the two baked pie crusts.

Refrigerate for two hours.

When serving, put a generous spoonful of whipped cream on top of each piece of pie.

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Per Serving (excluding unknown items): 165 Calories; 7g Fat (36.2% calories from fat); 3g Protein; 24g Carbohydrate; 0g Dietary Fiber; 74mg Cholesterol; 42mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	165	Vitamin B6 (mg):	trace
% Calories from Fat:	36.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	57.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	7mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	74mg	% Refuse:	0 0%

Carbohydrate (g):	24g
Dietary Fiber (g):	0g
Protein (g):	3g
Sodium (mg):	42mg
Potassium (mg):	34mg
Calcium (mg):	16mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	299IU
Vitamin A (r.e.):	87RE

## Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 16

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### Amount Per Serving

**Calories** 165 Calories from Fat: 60

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### % Daily Values\*

<b>Total Fat</b> 7g	10%
Saturated Fat 4g	19%
<b>Cholesterol</b> 74mg	25%
<b>Sodium</b> 42mg	2%
<b>Total Carbohydrates</b> 24g	8%
Dietary Fiber 0g	0%
<b>Protein</b> 3g	

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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	1%

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