

# Lemon Parfait Pie

*Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

*1/4 cup margarine  
1 1/3 cups sugar, divided  
2 Tablespoons cornstarch  
1/4 teaspoon salt  
1 tablespoon grated lemon peel  
1/3 cup lemon juice  
3 egg yolks  
2 pints vanilla ice cream, divided  
3 egg whites  
1/4 teaspoon cream of tartar  
1 ten-inch deep-dish pie shell, baked*

Melt the margarine in the top of a double-boiler.

In a bowl, mix one cup of sugar, the cornstarch and salt together. Stir the mixture into the margarine, blending well. Add the lemon peel and juice. Stir in the beaten egg yolks until smooth. Cook over the water for 8 to 10 minutes or until thickened, stirring constantly. Cool.

Soften one pint of ice cream. Spoon the ice cream into the pie shell. Freeze until firm.

Spread 1/4 cup of the lemon filling over the frozen layer. Return to the freezer until firm.

Soften the remaining ice cream. Spoon over the lemon filling. Freeze until firm.

Spread the remainder of the lemon filling over the ice cream. Freeze until firm.

Preheat the oven to 450 degrees.

Prepare the meringue by beating the egg whites and cream of tartar until soft peaks form. Gradually add 1/3 cup of sugar, beating until the sugar is dissolved and the meringue is stiff. Spread the meringue on the top of the pie.

Place the pie on a wooden cutting board. Bake for 3 minutes or until the meringue is browned.

Store in the freezer until ready to serve.

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Per Serving (excluding unknown items): 2812 Calories; 119g Fat (37.1% calories from fat); 38g Protein; 416g Carbohydrate; 1g Dietary Fiber; 870mg Cholesterol; 1680mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Fruit; 23 Fat; 26 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	2812	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	37.1%	<b>Vitamin B12 (mcg):</b>	3.8mcg
<b>% Calories from Carbohydrates:</b>	57.6%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	5.3%	<b>Riboflavin B2 (mg):</b>	2.0mg
<b>Total Fat (g):</b>	119g	<b>Folacin (mcg):</b>	114mcg
<b>Saturated Fat (g):</b>	48g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	44g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	18g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	870mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	416g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	38g		
<b>Sodium (mg):</b>	1680mg		
<b>Potassium (mg):</b>	1504mg		
<b>Calcium (mg):</b>	787mg		
<b>Iron (mg):</b>	2mg		
<b>Zinc (mg):</b>	5mg		
<b>Vitamin C (mg):</b>	48mg		
<b>Vitamin A (i.u.):</b>	5165IU		
<b>Vitamin A (r.e.):</b>	1362RE		

**Food Exchanges**

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	2
<b>Vegetable:</b>	0
<b>Fruit:</b>	1/2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	23
<b>Other Carbohydrates:</b>	26

**Nutrition Facts**

**Amount Per Serving**

**Calories** 2812                      **Calories from Fat:** 1043

		<b>% Daily Values*</b>
<b>Total Fat</b>	119g	183%
Saturated Fat	48g	242%
<b>Cholesterol</b>	870mg	290%
<b>Sodium</b>	1680mg	70%
<b>Total Carbohydrates</b>	416g	139%
Dietary Fiber	1g	4%
<b>Protein</b>	38g	
<b>Vitamin A</b>		103%
<b>Vitamin C</b>		80%
<b>Calcium</b>		79%
<b>Iron</b>		14%

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