

Lime Meringue Pies (Mini)

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 36 pies

4 sheets ready-rolled shortcrust pastry

1/2 cup superfine sugar

1/4 cup cornflour

2 teaspoons lime rind

1/3 cup lime juice

3/4 cup water

1 ounce butter

2 egg yolks

3 egg whites

1/2 cup sugar

Preheat the oven to 350 degrees.

Grease three shallow twelve-cup muffin tins.

Cut rounds with a 2-3/4-inch round cutter from four sheets of ready-rolled sweet shortcrust pastry. Press the rounds in the bottom of the muffin cups. Prick the bottoms well with a fork.

Bake for 12 to 15 minutes or until golden brown. Cool.

In a large pan, place the superfine sugar, cornflour, lime rind, lime juice and water. Stir over medium heat until the mixture boils and thickens.

Remove from the heat and add the butter. Mix. Gradually mix in the egg yolks. Spoon one heaped teaspoon into each muffin cup.

In a bowl, beat the egg whites into stiff peaks. Gradually add the sugar and beat until the sugar dissolves and is glossy. Spoon one tablespoon over each tart.

Bake for 4 to 5 minutes or until lightly golden.

Per Serving (excluding unknown items): 784 Calories; 33g Fat (37.3% calories from fat); 17g Protein; 109g Carbohydrate; 1g Dietary Fiber; 487mg Cholesterol; 420mg Sodium. Exchanges: 2 Lean Meat; 1/2 Fruit; 6 Fat; 6 1/2 Other Carbohydrates.

Appetizers, Desserts

Per Serving Nutritional Analysis

Calories (kcal):	784	Vitamin B6 (mg):	.2mg
% Calories from Fat:	37.3%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	54.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	33g	Folacin (mcg):	60mcg
Saturated Fat (g):	17g	Niacin (mg):	trace
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	487mg	% Daily Values:	n n%
Carbohydrate (g):	109g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	2
Sodium (mg):	420mg	Vegetable:	0
Potassium (mg):	279mg	Fruit:	1/2
Calcium (mg):	76mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	6
Zinc (mg):	1mg	Other Carbohydrates:	6 1/2
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	1523IU		
Vitamin A (r.e.):	409 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories	784
	Calories from Fat: 292
% Daily Values*	
Total Fat	33g 51%
Saturated Fat	17g 87%
Cholesterol	487mg 162%
Sodium	420mg 18%
Total Carbohydrates	109g 36%
Dietary Fiber	1g 3%
Protein	17g
Vitamin A	30%
Vitamin C	48%
Calcium	8%
Iron	8%

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