## **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.

**Desserts** 

## Day Carring Mutritional 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           Yotal Fat (g):         25g         Folacin (mcg):         20mcg           Saturated Fat (g):         8g         Niacin (mg):         trace           Caffeine (mg):         0mg         Alcohol (kcal):         2           Polyunsaturated Fat (g):         1g         Alcohol (kcal):         2           Polyunsaturated Fat (g):         1g         Alcohol (kcal):         2           Cholesterol (mg):         223mg         Food Exchanges           Dietary Fiber (g):         54g         Food Exchanges           Dietary Fiber (g):         5g         Lean Meat:         1/2           Sodium (mg):         5g         Lean Meat:         1/2           Sodium (mg):         57mg         Non-Fat Milk:         0           Potassium (mg):         119mg         Fruit:         0           Calcium (mg):         57mg         Non-Fat Milk:         0 <td< th=""><th></th><th></th><th></th><th></th></td<>				
% 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       Alcohol (kcal):       2         Polyunsaturated Fat (g):       1g       % Pofuso:       0 no/x         Cholesterol (mg):       223mg       Food Exchanges         Carbohydrate (g):       54g       Food Exchanges         Dietary Fiber (g):       trace       Grain (Starch):       0         Protein (g):       5g       Lean Meat:       1/2         Sodium (mg):       65mg       Vegetable:       0         Potassium (mg):       119mg       Fruit:       0         Calcium (mg):       57mg       Non-Fat Milk:       0         Calcium (mg):       5mg       Vegetable:       3 1/2         Vitamin C (mg):       5mg       Vitamin A (i.u.):       1092IU	Calories (kcal):	458	Vitamin B6 (mg):	.1mg
% 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         Alcohol (kcal):         2           Polyunsaturated Fat (g):         1g         % Polyunsaturated (kcal):         2           Cholesterol (mg):         223mg         Food Exchanges           Carbohydrate (g):         54g         Food Exchanges           Dietary Fiber (g):         trace         Grain (Starch):         0           Protein (g):         5g         Lean Meat:         1/2           Sodium (mg):         65mg         Vegetable:         0           Potassium (mg):         119mg         Fruit:         0           Calcium (mg):         57mg         Non-Fat Milk:         0           Iron (mg):         trace         Fat:         5           Zinc (mg):         5mg         Vitamin C (mg):         5mg           Vitamin C (mg):         5mg         Vitamin C (mg):         5mg	% Calories from Fat:	49.0%	Vitamin B12 (mcg):	.5mcg
Total Fat (g):         25g         Folacin (mcg):         20mcg           Saturated Fat (g):         15g         Niacin (mg):         trace           Monounsaturated Fat (g):         8g         Alcohol (kcal):         2           Polyunsaturated Fat (g):         1g         Alcohol (kcal):         2           Cholesterol (mg):         223mg         Food Exchanges           Carbohydrate (g):         54g         Food Exchanges           Dietary Fiber (g):         trace         Grain (Starch):         0           Protein (g):         5g         Lean Meat:         1/2           Sodium (mg):         65mg         Vegetable:         0           Potassium (mg):         119mg         Fruit:         0           Calcium (mg):         57mg         Non-Fat Milk:         0           Iron (mg):         trace         Fat:         5           Zinc (mg):         5mg         Other Carbohydrates:         3 1/2           Vitamin C (mg):         5mg         Vitamin A (i.u.):         1092IU	% Calories from Carbohydrates:	46.3%	Thiamin B1 (mg):	trace
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Monounsaturated Fat (g):	Saturated Fat (g):	15g	` <del>``</del>	
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	Vitamin C (mg):	5mg	-	
		1092IU		
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## **Nutrition Facts**

Servings per Recipe: 6

Amount	Por	Serving
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Calories 458	Calories from Fat: 224
	% Daily Values*
Total Fat 25g	39%
Saturated Fat 15g	74%
Cholesterol 223mg	74%
Sodium 65mg	3%
<b>Total Carbohydrates</b> 54g	18%
Dietary Fiber trace	0%
Protein 5g	
Vitamin A	22%
Vitamin C	8%
Calcium	6%
Iron	3%

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.