

Lemon Pie

Crockett's Chesapeake House - Tangier Island, VA
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

2/3 cup cornstarch
2 1/2 cups + 3/4 cup sugar
1/2 teaspoon salt
3 cups boiling water
6 eggs, separated
2/3 cup lemon juice
4 tablespoons butter
1 teaspoon grated lemon rind
1 nine-inch baked pie shell

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Preheat the oven to 425 degrees.

In the top of a double boiler, mix the cornstarch, 2-1/2 cups of sugar and salt. Add the boiling water and mix thoroughly. Cook until thick and clear.

In a bowl, beat the egg yolks. Stir in a little of the cornstarch mixture. Pour back into the double boiler. Cook for approximately 2 minutes longer. Remove from the heat.

Add the lemon juice, butter and lemon rind. Mix well. Cool. Pour into the baked pie shell.

In a bowl, beat the egg whites until barely stiff. Add the 3/4 cup of sugar gradually. Beat until stiff. Swirl over the pie filling, touching the edges all around.

Bake until golden brown, about 6 minutes.

Per Serving (excluding unknown items): 525 Calories; 13g Fat (21.3% calories from fat); 7g Protein; 99g Carbohydrate; trace Dietary Fiber; 233mg Cholesterol; 332mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Fruit; 2 Fat; 5 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	525	Vitamin B6 (mg):	.1mg
% Calories from Fat:	21.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	73.9%	Thiamin B1 (mg):	trace

% Calories from Protein:	4.9%
Total Fat (g):	13g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	233mg
Carbohydrate (g):	99g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	332mg
Potassium (mg):	105mg
Calcium (mg):	35mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	539IU
Vitamin A (r.e.):	142RE

Riboflavin B2 (mg):	.3mg
Folacin (mcg):	28mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n.n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	5 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 525 **Calories from Fat:** 112

% Daily Values*

Total Fat 13g	19%
Saturated Fat 6g	32%
Cholesterol 233mg	78%
Sodium 332mg	14%
Total Carbohydrates 99g	33%
Dietary Fiber trace	1%
Protein 7g	
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Vitamin A	11%
Vitamin C	21%
Calcium	4%
Iron	6%

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