

# Orange Pie

*What's Cooking II*

*North American Institute of Modern Cuisine*

## **Servings: 8**

*1 9-inch pie crust  
1/3 cup cornstarch  
3 egg yolks  
2/3 cup orange juice  
3 tablespoons orange peel  
1 1/3 cups sugar  
2/3 cup apricot juice  
2 drops orange food coloring  
(optional)  
2/3 cup orange, peeled, pith removed  
and sectioned  
2/3 cup apricot halves  
2 tablespoons lemon juice  
2 tablespoons butter  
nuts, chopped  
2 cups unbaked meringue*

Preheat the oven to 350 degrees.

Line a springform pan with the crust. Bake in the oven for 20 to 30 minutes. Set aside.

In a bowl, mix the cornstarch and egg yolks until creamy. Set aside.

In a second bowl, mix the orange juice, orange peel, sugar, apricot juice and food coloring, if desired. Fold 1/2 cup of the liquid into the cornstarch and egg mixture. Set aside.

In a saucepan, bring the remaining liquid to a boil. Fold in the cornstarch and egg mixture. Stir until thickened.

Off heat, add the fruit. Gently stirring with a spatula, bring back to a boil. Off heat, mix in the lemon juice and butter. Let cool.

Preheat the oven to BROIL.

Pour the lukewarm filling into the crust. Sprinkle with chopped nuts. Cover with meringue. Lightly brown in the oven for 1 to 2 minutes. Unmold.

*Variations: Replace the nuts with almonds, and the meringue with whipped cream (do not broil in the oven). Decorate with fruit.*

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Per Serving (excluding unknown items): 222 Calories; 5g Fat (19.4% calories from fat); 2g Protein; 44g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 33mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	222	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	19.4%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	77.8%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	2.8%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	5g	<b>Folacin (mcg):</b>	27mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	88mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	44g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	33mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	123mg	<b>Fruit:</b>	1/2
<b>Calcium (mg):</b>	24mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	2
<b>Vitamin C (mg):</b>	24mg		
<b>Vitamin A (i.u.):</b>	645IU		
<b>Vitamin A (r.e.):</b>	111RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 222 **Calories from Fat:** 43

**% Daily Values\***

<b>Total Fat</b> 5g	8%
Saturated Fat 2g	12%
<b>Cholesterol</b> 88mg	29%
<b>Sodium</b> 33mg	1%
<b>Total Carbohydrates</b> 44g	15%
Dietary Fiber 1g	3%
<b>Protein</b> 2g	
<b>Vitamin A</b>	13%
<b>Vitamin C</b>	40%
<b>Calcium</b>	2%
<b>Iron</b>	2%

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