

# Peanut Butter Meringue Pie

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Palm Beach Post*

## FILLING

*1 cup sugar  
1/4 cup cornstarch  
2 cups milk  
3 egg yolks, lightly beaten  
2 generous tablespoons smooth peanut butter  
1 nine-inch pre-baked pie shell*

## MERINGUE

*4 egg whites, room temperature  
1 pinch cream of tartar  
2 tablespoons sugar*

Prepare the filling: Preheat the oven to 350 degrees.

Stir together the sugar and cornstarch in a heavy saucepan. Mix in the milk and egg yolks. Cook over low heat, stirring constantly until the sugar is dissolved.

Bring to a boil and boil for 1 minute or until the mixture coats the back of a spoon.

Remove from the heat. Stir in the peanut butter.

Pour the mixture into the pie crust. Set aside.

Make the meringue: Beat the egg whites and cream of tartar with an electric mixer until foamy. Gradually add the sugar, beating for 1 to 2 minutes until the meringue just holds stiff peaks.

Spread the meringue over the filling making sure that it touches all edges of the crust. Draw the meringue up into peaks.

Bake the pie for 10 to 12 minutes on the middle rack of the oven until the meringue is golden.

Remove from the oven and cool completely on a wire rack before slicing.

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Per Serving (excluding unknown items): 4598 Calories; 295g Fat (54.8% calories from fat); 169g Protein; 379g Carbohydrate; 31g Dietary Fiber; 704mg Cholesterol; 2895mg Sodium. Exchanges: 8 Grain(Starch); 18 Lean Meat; 0 Fruit; 2 Non-Fat Milk; 48 1/2 Fat; 15 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	4598	<b>Vitamin B6 (mg):</b>	2.7mg
<b>% Calories from Fat:</b>	54.8%	<b>Vitamin B12 (mcg):</b>	3.5mcg
<b>% Calories from Carbohydrates:</b>	31.3%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	13.9%	<b>Riboflavin B2 (mg):</b>	2.3mg
<b>Total Fat (g):</b>	295g	<b>Folacin (mcg):</b>	483mcg
<b>Saturated Fat (g):</b>	68g	<b>Niacin (mg):</b>	70mg
<b>Monounsaturated Fat (g):</b>	136g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	74g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	704mg	<b>% Daily Values:</b>	n/a%
<b>Carbohydrate (g):</b>	379g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	31g	<b>Grain (Starch):</b>	8
<b>Protein (g):</b>	169g	<b>Lean Meat:</b>	18
<b>Sodium (mg):</b>	2895mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	4466mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	858mg	<b>Non-Fat Milk:</b>	2
<b>Iron (mg):</b>	12mg	<b>Fat:</b>	48 1/2
<b>Zinc (mg):</b>	19mg	<b>Other Carbohydrates:</b>	15
<b>Vitamin C (mg):</b>	5mg		
<b>Vitamin A (i.u.):</b>	1583IU		
<b>Vitamin A (r.e.):</b>	476 1/2RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 4598	Calories from Fat: 2520
<b>% Daily Values*</b>	
<b>Total Fat</b> 295g	454%
Saturated Fat 68g	341%
<b>Cholesterol</b> 704mg	235%
<b>Sodium</b> 2895mg	121%
<b>Total Carbohydrates</b> 379g	126%
Dietary Fiber 31g	123%
<b>Protein</b> 169g	
<b>Vitamin A</b>	32%
<b>Vitamin C</b>	8%
<b>Calcium</b>	86%
<b>Iron</b>	66%

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