

Sour Cream Lemon Pie

Mrs. Gene Trayer

Gourmet Eating in South Carolina - (1985)

Servings: 8

1 1/2 cups sugar
1/4 cup lemon juice
rind of one lemon, finely grated
3 tablespoons cornstarch
1 cup milk
2 eggs, separated
1 cup sour cream
1 baked pie crust, cooled

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Preheat the oven to 350 degrees.

In a saucepan, combine one cup of sugar, lemon juice, lemon rind, cornstarch, milk and egg yolks. Cook over medium heat, stirring constantly, until thick. Let the mixture cool completely.

When cooled, fold in the sour cream.. Pour the mixture into the cooled pie shell.

In a bowl, beat the egg whites with the remaining sugar until stiff peaks form. Spread over the filling.

Bake for 10 minutes or until the top browns.

Per Serving (excluding unknown items): 257 Calories; 8g Fat (28.3% calories from fat); 4g Protein; 44g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	257	Vitamin B6 (mg):	trace
% Calories from Fat:	28.3%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	66.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	8g	Folacin (mcg):	12mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	70mg	% Refuse:	n n%

Carbohydrate (g): 44g
 Dietary Fiber (g): trace
 Protein (g): 4g
 Sodium (mg): 48mg
 Potassium (mg): 115mg
 Calcium (mg): 77mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 328IU
 Vitamin A (r.e.): 97 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 257 Calories from Fat: 73

% Daily Values*

Total Fat	8g	13%
Saturated Fat	5g	24%
Cholesterol	70mg	23%
Sodium	48mg	2%
Total Carbohydrates	44g	15%
Dietary Fiber	trace	0%
Protein	4g	

Vitamin A	7%
Vitamin C	7%
Calcium	8%
Iron	2%

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