



Ambrosia Chess Tarts

READY IN



140 min.

SERVINGS



30

CALORIES



245 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 8 oz pineapple crushed canned
- 30 servings toppings: coconut fresh sweetened toasted
- 0.5 cup cream of coconut
- 4 large eggs
- 1 tablespoon flour all-purpose
- 0.3 cup juice of lemon fresh
- 2 tablespoons orange zest
- 28.2 oz piecrusts refrigerated

- 0.5 teaspoon salt
- 1.5 cups sugar
- 1 cup coconut or sweetened flaked
- 1 tablespoon cornmeal plain white

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack

Directions

- Preheat oven to 450
- Cut piecrusts into 14 (4 1/2-inch) rounds. Press each dough round into a lightly greased 3 1/2-inch brioche mold, pressing up sides. Fold dough over edge of molds, and pinch to secure. Arrange molds on a baking sheet.
- Bake 7 to 8 minutes or until lightly browned. Cool completely on baking sheet on a wire rack (about 30 minutes). Reduce oven temperature to 350
- Meanwhile, whisk together sugar and next 3 ingredients in a large bowl; add eggs and next 3 ingredients, and whisk until blended. Stir in coconut and next 2 ingredients. Spoon coconut mixture into cooled pastry shells, filling almost full.
- Bake at 350 for 22 to 25 minutes or until golden brown and center of tarts is almost set. (Filling will continue to cook as it cools.) Cool tarts completely on baking sheet on wire rack (about 1 hour). Loosen tarts from molds using a small knife; remove tarts from molds.
- Serve with desired toppings.
- *2 (8- or 10-oz.) packages frozen tart shells may be substituted.
- Bake as directed in Step

Nutrition Facts



■ PROTEIN 4.69% ■ FAT 45.99% ■ CARBS 49.32%

Properties

Glycemic Index:8.34, Glycemic Load:7.53, Inflammation Score:-1, Nutrition Score:3.2895652366721%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 245.21kcal (12.26%), Fat: 12.64g (19.45%), Saturated Fat: 6g (37.51%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 29.2g (10.62%), Sugar: 15.95g (17.73%), Cholesterol: 34.78mg (11.59%), Sodium: 184.68mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.15mg (7.57%), Selenium: 4.31µg (6.16%), Vitamin B1: 0.09mg (6.03%), Folate: 23.6µg (5.9%), Fiber: 1.3g (5.2%), Vitamin B2: 0.09mg (5.11%), Iron: 0.91mg (5.06%), Phosphorus: 43.14mg (4.31%), Vitamin B3: 0.8mg (4%), Vitamin A: 145.98IU (2.92%), Vitamin B5: 0.25mg (2.49%), Vitamin C: 2.04mg (2.47%), Copper: 0.04mg (2.22%), Vitamin K: 2.31µg (2.2%), Magnesium: 8.77mg (2.19%), Vitamin E: 0.3mg (1.98%), Potassium: 68.97mg (1.97%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.27mg (1.82%), Calcium: 17.95mg (1.79%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.16µg (1.05%)