



Blueberry Lemon Cream Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 6 ounces blueberries
- ☐ 4 oz cream cheese softened
- ☐ 1 cup graham cracker crumbs
- ☐ 1.5 tablespoons granulated sugar
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 tablespoons butter unsalted melted

☐ 0.3 teaspoon vanilla

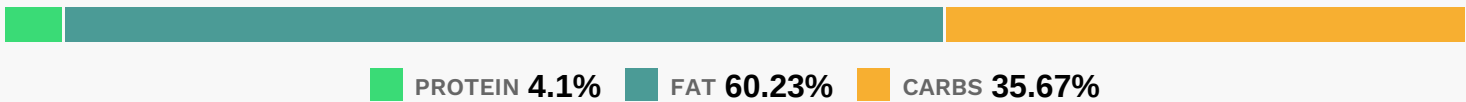
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F with a baking sheet on middle rack.
- ☐ Stir together graham cracker crumbs, granulated sugar, and butter in a bowl with a fork until combined well, then press mixture with your fingers and back of a spoon evenly and firmly onto bottom and up side of each tart pan. (If using ramekins, press mixture 3/4 inch up sides.)
- ☐ Put tart pans on preheated baking sheet and bake crusts until slightly darker, about 10 minutes, then cool 10 minutes on a rack. (Ramekins will need to cool an additional 5 minutes in refrigerator.) Gently push bottom of each tart pan to loosen crust, then invert crust onto your hand and place on a serving plate. (If using ramekins, leave crusts in ramekins.)
- ☐ While crusts cool, whisk together brown sugar, sour cream, and vanilla in a small bowl until sugar is dissolved. Beat cream cheese in a medium bowl with an electric mixer until smooth, then add sour cream mixture and zest, beating until just combined well.
- ☐ Divide cream cheese filling among tart shells, spreading evenly, then top with blueberries and dust with confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:52.77, Glycemic Load:16.94, Inflammation Score:-6, Nutrition Score:5.5730435174444%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg Peonidin: 8.63mg, Peonidin: 8.63mg, Peonidin: 8.63mg, Peonidin: 8.63mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 382.31kcal (19.12%), Fat: 26.15g (40.23%), Saturated Fat: 14.71g (91.94%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 33.09g (12.03%), Sugar: 20.98g (23.31%), Cholesterol: 67.21mg (22.4%), Sodium: 235.59mg (10.24%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.01g (8.01%), Vitamin A: 843.24IU (16.86%), Vitamin B2: 0.16mg (9.6%), Vitamin K: 10µg (9.52%), Phosphorus: 92.43mg (9.24%), Manganese: 0.15mg (7.64%), Fiber: 1.76g (7.04%), Calcium: 69.91mg (6.99%), Iron: 1.08mg (5.99%), Vitamin E: 0.87mg (5.77%), Vitamin C: 4.58mg (5.55%), Vitamin B3: 1.03mg (5.13%), Magnesium: 19.82mg (4.95%), Vitamin B1: 0.07mg (4.93%), Selenium: 3.25µg (4.65%), Zinc: 0.68mg (4.54%), Folate: 16.14µg (4.03%), Potassium: 137.5mg (3.93%), Vitamin B6: 0.07mg (3.41%), Vitamin B5: 0.29mg (2.87%), Copper: 0.04mg (2.2%), Vitamin B12: 0.12µg (1.94%), Vitamin D: 0.21µg (1.4%)