



Blueberry-Lemon Tart

READY IN



150 min.

SERVINGS



12

CALORIES



111 kcal

DESSERT

Ingredients

- 1.5 cups vanilla wafers crushed reduced-fat
- 1 egg whites beaten
- 1 tablespoon butter melted
- 1.3 cups skim milk fat-free (skim)
- 1 package jell-o lemon flavor pudding & pie filling instant (4-serving size)
- 1.5 teaspoons lemon zest grated
- 1 cup cool whip fat-free frozen thawed
- 2 tablespoons sugar
- 1 teaspoon cornstarch

- 3 tablespoons water
- 1.5 cups blueberries fresh
- 1 tablespoon juice of lemon

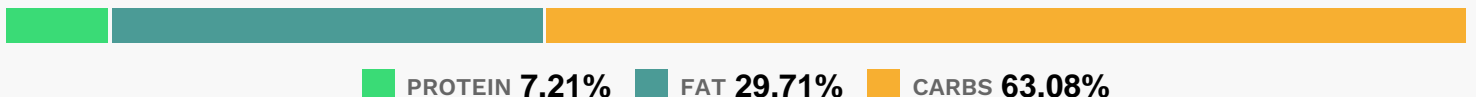
Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- tart form

Directions

- Heat oven to 400°F. Lightly spray 9-inch tart pan with removable bottom with cooking spray. In small bowl, mix crushed cookies, egg white and butter until crumbly. Press in bottom and up side of pan.
- Bake 8 to 10 minutes or until light golden brown; cool.
- In medium bowl, beat milk, pudding mix and lemon peel with electric mixer on low speed about 2 minutes or until smooth. Refrigerate 5 minutes.
- Fold whipped topping into pudding mixture.
- Spread over crust. Cover; refrigerate until chilled, at least 2 hours.
- Meanwhile, in 1-quart saucepan, mix sugar, cornstarch and water. Stir in 1/2 cup of the blueberries.
- Heat to boiling; reduce heat to medium-low. Cook about 5 minutes or until slightly thickened. Stir in lemon juice; remove from heat. Cool 10 minutes. Stir in remaining 1 cup blueberries. Cover; refrigerate until chilled, at least 1 hour.
- Serve tart with blueberry topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.36, Glycemic Load:10.3, Inflammation Score:-2, Nutrition Score:2.6047826500043%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 110.59kcal (5.53%), Fat: 3.74g (5.75%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 17.18g (6.25%), Sugar: 10.56g (11.73%), Cholesterol: 1.92mg (0.64%), Sodium: 86.03mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin B2: 0.12mg (7.26%), Vitamin B1: 0.09mg (5.92%), Calcium: 42.62mg (4.26%), Vitamin B12: 0.24µg (4.07%), Phosphorus: 40.35mg (4.03%), Folate: 15.18µg (3.79%), Vitamin K: 3.59µg (3.42%), Manganese: 0.06mg (3.18%), Vitamin C: 2.6mg (3.16%), Fiber: 0.69g (2.77%), Vitamin B3: 0.49mg (2.46%), Potassium: 81.46mg (2.33%), Vitamin A: 114.92IU (2.3%), Vitamin D: 0.28µg (1.87%), Selenium: 1.24µg (1.77%), Vitamin B6: 0.03mg (1.67%), Magnesium: 5.14mg (1.28%), Vitamin B5: 0.12mg (1.22%), Zinc: 0.17mg (1.11%)