



Blueberry-Lemon Tart

READY IN



150 min.

SERVINGS



12

CALORIES



115 kcal

DESSERT

Ingredients

- 1.5 cups blueberries fresh
- 1 tablespoon butter melted
- 1 teaspoon cornstarch
- 1 egg whites beaten
- 1.3 cups skim milk fat-free (skim)
- 1 package jell-o lemon flavor pudding & pie filling instant (4-serving size)
- 1 tablespoon juice of lemon
- 1.5 teaspoons lemon zest grated
- 2 tablespoons sugar

- 1.5 cups vanilla wafers crushed reduced-fat
- 3 tablespoons water
- 1 cup non-dairy whipped topping fat-free frozen thawed

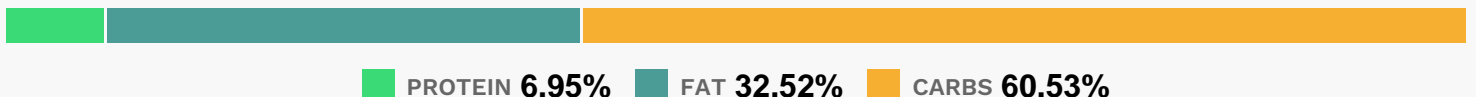
Equipment

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

Directions

- Heat oven to 400F. 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:2.4013043771619%

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: 115.28kcal (5.76%), Fat: 4.25g (6.53%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 17.11g (6.22%), Sugar: 11.03g (12.26%), Cholesterol: 1.04mg (0.35%), Sodium: 86.03mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin B1: 0.08mg (5.39%), Vitamin B2: 0.09mg (5.32%), Phosphorus: 40.72mg (4.07%), Calcium: 40.31mg (4.03%), Vitamin K: 3.77µg (3.59%), Folate: 14.3µg (3.58%), Manganese: 0.06mg (3.18%), Vitamin C: 2.6mg (3.16%), Vitamin B12: 0.16µg (2.73%), Fiber: 0.67g (2.67%), Vitamin B3: 0.48mg (2.38%), Potassium: 81.02mg (2.31%), Vitamin A: 108.61IU (2.17%), Vitamin D: 0.28µg (1.87%), Selenium: 1.2µg (1.71%), Vitamin B6: 0.03mg (1.35%), Magnesium: 5.07mg (1.27%), Vitamin B5: 0.12mg (1.22%), Vitamin E: 0.18mg (1.17%), Zinc: 0.15mg (1.02%)