



Blueberry-Lemon-White Chocolate Tarts

READY IN



13 min.

SERVINGS



4

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 0.3 cup lemon curd
- ☐ 0.3 cup blueberries wild (such as Bonne Maman)
- ☐ 12 inch graham crackers
- ☐ 1.5 ounces chocolate white melted chopped (such as Ghirardelli)

Equipment

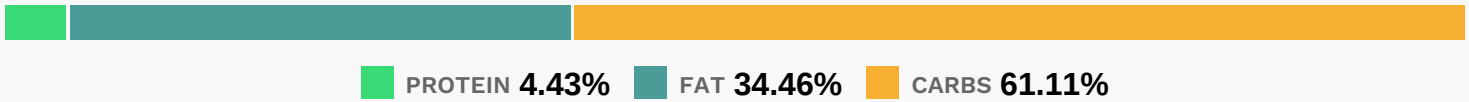
- ☐ bowl
- ☐ baking sheet
- ☐ oven

blender

Directions

- Preheat oven to 35
- Place graham cracker shells on a baking sheet.
- Bake at 350 for 8 minutes or until toasted.
- Combine cream cheese and lemon curd in a medium bowl; beat with a mixer at medium speed until creamy. Stir in melted chocolate. Spoon cream cheese mixture evenly into tart shells. Cover and chill 30 minutes. Top each serving with 1 tablespoon blueberry preserves and 1 tablespoon Candied Lemon Peel, if desired.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:8.94, Inflammation Score:-1, Nutrition Score:1.4713043376156%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 142.2kcal (7.11%), Fat: 5.5g (8.47%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 21.43g (7.79%), Sugar: 17.42g (19.36%), Cholesterol: 2.23mg (0.74%), Sodium: 102.25mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Phosphorus: 35.21mg (3.52%), Vitamin B2: 0.05mg (3.06%), Calcium: 27.73mg (2.77%), Vitamin K: 2.75µg (2.62%), Fiber: 0.53g (2.12%), Iron: 0.37mg (2.03%), Vitamin B3: 0.41mg (2.03%), Vitamin B1: 0.03mg (1.83%), Zinc: 0.24mg (1.61%), Manganese: 0.03mg (1.6%), Magnesium: 6.33mg (1.58%), Potassium: 51.01mg (1.46%), Folate: 4.8µg (1.2%), Vitamin C: 0.95mg (1.15%), Vitamin E: 0.15mg (1.03%)