



Dark Chocolate Lime Tarts

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



188 kcal

DESSERT

Ingredients

- 0.3 cup cocoa powder
- 0.3 cup cornstarch
- 4 ounces chocolate dark melted
- 2 large eggs
- 2 cups skim milk fat-free
- 1 tablespoon lime zest fresh grated
- 0.3 cup sugar
- 3 inch graham crackers

0.5 cup cool whip fat-free frozen thawed

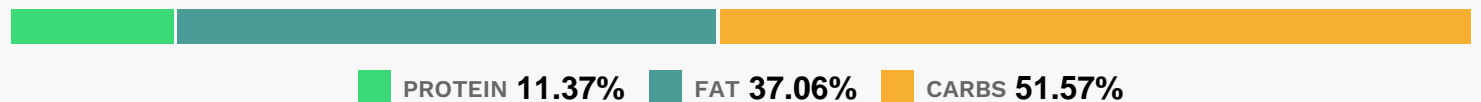
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap

Directions

- Combine first 3 ingredients in a medium saucepan; add milk, stirring with a whisk until combined. Cook over medium heat 8 to 9 minutes or until thick, stirring constantly.
- Place eggs in a small bowl; stir lightly with a whisk to combine. Gradually add one-fourth of hot milk mixture to eggs, stirring constantly.
- Add to remaining hot milk mixture in pan, stirring constantly. Bring mixture to a simmer over medium-low heat, stirring constantly. Cook 3 minutes.
- Remove from heat; stir in melted chocolate and lime rind.
- Spoon mixture evenly into tart shells. Cover the surface of filling of each tart with plastic wrap, and chill 2 hours or until thoroughly chilled.
- Remove tarts from aluminum pans before serving, if desired. Top each tart with 1 tablespoon whipped topping and, if desired, a lime slice.

Nutrition Facts



Properties

Glycemic Index:29.04, Glycemic Load:8.49, Inflammation Score:-4, Nutrition Score:7.6813043770583%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin:

0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 188.16kcal (9.41%), Fat: 8.01g (12.32%), Saturated Fat: 4.26g (26.62%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 22.43g (8.16%), Sugar: 15.89g (17.65%), Cholesterol: 49.51mg (16.5%), Sodium: 56.37mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.52mg (5.84%), Protein: 5.53g (11.06%), Manganese: 0.39mg (19.35%), Copper: 0.37mg (18.33%), Phosphorus: 159.44mg (15.94%), Magnesium: 55.68mg (13.92%), Iron: 2.35mg (13.04%), Vitamin B2: 0.19mg (11.05%), Calcium: 107.86mg (10.79%), Fiber: 2.65g (10.59%), Selenium: 6.72µg (9.59%), Vitamin B12: 0.58µg (9.59%), Potassium: 269.54mg (7.7%), Zinc: 1.13mg (7.51%), Vitamin D: 0.92µg (6.16%), Vitamin B5: 0.48mg (4.78%), Vitamin A: 206.56IU (4.13%), Vitamin B1: 0.06mg (3.7%), Vitamin B6: 0.07mg (3.62%), Folate: 9.26µg (2.31%), Vitamin B3: 0.34mg (1.72%), Vitamin E: 0.22mg (1.49%), Vitamin K: 1.16µg (1.1%)