



Double Citrus Tart

READY IN



30 min.

SERVINGS



10

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 5 tablespoons butter melted
- ☐ 2 large eggs separated
- ☐ 1.5 cups gingersnap cookies crushed
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 leaves garnishes: mint lemon and orange fresh

- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 14 ounce condensed milk sweetened canned

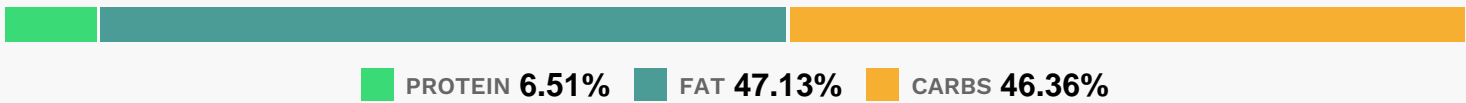
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Stir together first 4 ingredients. Press mixture evenly into a 9-inch tart pan with removable bottom; set aside.
- ☐ Whisk together sweetened condensed milk, orange juice concentrate, lemon juice, and egg yolks until blended.
- ☐ Beat egg whites at medium speed with an electric mixer until stiff peaks form; fold into condensed milk mixture.
- ☐ Pour into prepared crust.
- ☐ Bake at 325 for 20 to 25 minutes or just until filling is set.
- ☐ Remove to a wire rack, and let cool completely. Cover and chill at least 4 hours.
- ☐ Remove tart from pan, and place on a serving dish.
- ☐ Beat whipping cream and granulated sugar at medium speed with an electric mixer until stiff peaks form. Dollop around edges of tart; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:15.69, Inflammation Score:-5, Nutrition Score:8.5147826101469%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 381.78kcal (19.09%), Fat: 20.38g (31.36%), Saturated Fat: 11.99g (74.92%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 44.6g (16.22%), Sugar: 34.59g (38.43%), Cholesterol: 92.64mg (30.88%), Sodium: 211.55mg (9.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Vitamin C: 17.27mg (20.93%), Vitamin B2: 0.33mg (19.16%), Phosphorus: 156.16mg (15.62%), Calcium: 155.26mg (15.53%), Selenium: 10.69µg (15.27%), Vitamin A: 721.7IU (14.43%), Manganese: 0.28mg (14.24%), Potassium: 313.32mg (8.95%), Folate: 33.52µg (8.38%), Iron: 1.42mg (7.89%), Vitamin B1: 0.11mg (7.08%), Vitamin B5: 0.65mg (6.48%), Magnesium: 25.56mg (6.39%), Vitamin B12: 0.31µg (5.23%), Vitamin E: 0.78mg (5.21%), Vitamin B6: 0.09mg (4.54%), Zinc: 0.68mg (4.53%), Vitamin D: 0.66µg (4.4%), Vitamin B3: 0.77mg (3.85%), Copper: 0.08mg (3.78%), Fiber: 0.51g (2.05%), Vitamin K: 2µg (1.9%)