



Individual Lime Tarts

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 egg white lightly beaten
- ☐ 2 large egg yolks lightly beaten
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1 slices lime optional
- ☐ 6 servings lime tart
- ☐ 0.3 cup key lime juice fresh
- ☐ 2 teaspoons key lime rind grated

- ☐ 3 tablespoons stick margarine melted
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water cold
- ☐ 6 tablespoons non-dairy whipped topping frozen thawed reduced-fat

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ tart form

Directions

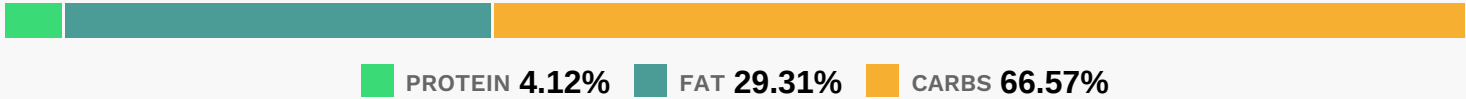
- ☐ Preheat oven to 350
- ☐ Coat six 4 1/2-inch individual tart pans with removable bottoms with cooking spray. Set aside.
- ☐ Combine cracker crumbs and 3 tablespoons sugar in a medium bowl; stir well. Gradually add butter, stirring well. Stir in vanilla and egg white, stirring until well combined. Divide mixture evenly among tart pans; press mixture into bottom and up sides of pans.
- ☐ Place pans on a baking sheet.
- ☐ Bake at 350 for 13 minutes.
- ☐ Let cool completely on a wire rack.
- ☐ Combine 2/3 cup sugar and cornstarch in a medium saucepan; stir well.
- ☐ Add lime juice and egg yolks, stirring with a whisk. Gradually add water, stirring well. Cook over medium heat, stirring constantly, 6 minutes or until mixture thickens.
- ☐ Remove from heat; stir in lime rind. Carefully pour into prepared crusts; let cool completely. Cover; chill at least 3 hours. Top each tart with 1 tablespoon whipped topping, and garnish

with lime slices, if desired.

☐ Lime Tart: Prepare crust as directed for Individual Lime Tarts, using a 9-inch tart pan with removable bottom.

☐ Bake at 350 for 15 minutes. Proceed with tart filling as directed.

Nutrition Facts



Properties

Glycemic Index:51.7, Glycemic Load:31.23, Inflammation Score:-3, Nutrition Score:3.8843478197637%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 5mg, Hesperetin: 5mg, Hesperetin: 5mg, Hesperetin: 5mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 310.03kcal (15.5%), Fat: 10.27g (15.8%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 52.49g (17.5%), Net Carbohydrates: 51.43g (18.7%), Sugar: 34.59g (38.43%), Cholesterol: 61.29mg (20.43%), Sodium: 226.59mg (9.85%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 3.25g (6.5%), Vitamin C: 6.62mg (8.02%), Phosphorus: 74.51mg (7.45%), Vitamin A: 360.64IU (7.21%), Vitamin B2: 0.12mg (6.99%), Selenium: 4.65µg (6.64%), Iron: 1.14mg (6.31%), Folate: 20.39µg (5.1%), Vitamin B1: 0.07mg (4.39%), Fiber: 1.06g (4.25%), Vitamin B3: 0.85mg (4.23%), Magnesium: 16.2mg (4.05%), Zinc: 0.58mg (3.85%), Calcium: 36.7mg (3.67%), Vitamin E: 0.45mg (2.98%), Vitamin B6: 0.05mg (2.59%), Potassium: 85.6mg (2.45%), Vitamin B5: 0.22mg (2.21%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.31µg (2.04%), Copper: 0.04mg (1.81%)