



Key Lime Curd Tartlets

READY IN



45 min.

SERVINGS



34

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.8 cup cake flour
- ☐ 4 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.7 cup key lime juice fresh
- ☐ 2 teaspoons key lime rind grated
- ☐ 1 cup butter
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shortening

- ☐ 1 pint strawberries fresh sliced
- ☐ 0.8 cup sugar
- ☐ 1.5 tablespoons sugar
- ☐ 6 tablespoons butter unsalted
- ☐ 6 tablespoons water cold

Equipment

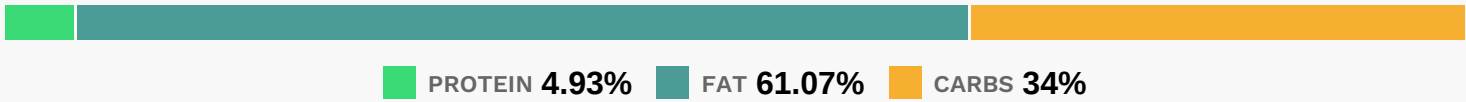
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Whisk together first 4 ingredients in a saucepan, and cook over medium-low heat, whisking constantly, 12 minutes or until mixture is thickened. Stir in lime rind.
- ☐ Pour carefully through a wire-mesh strainer into a bowl. Cover mixture, and refrigerate 4 to 6 hours.
- ☐ Pulse flours, sugar, salt, and baking powder in a food processor until combined.
- ☐ Add 1 cup butter and shortening, and pulse until mixture is crumbly.
- ☐ Add cold water, 1 tablespoon at a time, pulsing after each addition.
- ☐ Remove dough, and wrap in plastic wrap; chill at least 2 hours.
- ☐ Shape dough into 34 (1-inch) balls, and press balls into lightly greased miniature tart pans. Prick with a fork.
- ☐ Bake at 375 for 13 minutes or until golden.
- ☐ Remove from pans, and let cool on wire racks.
- ☐ Spoon 1 to 2 teaspoons lime curd into each tart shell; top with strawberry slices.

Note: You may substitute miniature muffin pans for the miniature tart pans.

Nutrition Facts



Properties

Glycemic Index:13.12, Glycemic Load:7.61, Inflammation Score:-3, Nutrition Score:2.8299999910852%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.46mg, Pelargonidin: 3.46mg, Pelargonidin: 3.46mg, Pelargonidin: 3.46mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 138.85kcal (6.94%), Fat: 9.6g (14.76%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 11.53g (4.19%), Sugar: 5.74g (6.38%), Cholesterol: 27.19mg (9.06%), Sodium: 126.62mg (5.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin C: 9.65mg (11.7%), Vitamin A: 336.48IU (6.73%), Selenium: 4.57µg (6.53%), Manganese: 0.11mg (5.49%), Folate: 16.05µg (4.01%), Vitamin B2: 0.06mg (3.49%), Vitamin E: 0.48mg (3.22%), Vitamin B1: 0.05mg (3.09%), Phosphorus: 26.08mg (2.61%), Iron: 0.41mg (2.28%), Fiber: 0.49g (1.96%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.16mg (1.64%), Potassium: 46.27mg (1.32%), Vitamin K: 1.35µg (1.29%), Copper: 0.03mg (1.26%), Magnesium: 4.89mg (1.22%), Calcium: 11.83mg (1.18%), Vitamin B6: 0.02mg (1.11%), Zinc: 0.16mg (1.05%), Vitamin B12: 0.06µg (1.05%), Vitamin D: 0.15µg (1.03%)