



Key Lime Tarts

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



24

CALORIES



88 kcal

DESSERT

Ingredients

- 8 ounces cream cheese softened
- 1 eggs
- 24 key lime cooler cookies
- 2 tablespoons juice of lime
- 1 leaves lime zest for garnish
- 1 teaspoon lime zest
- 0.5 cup sugar
- 24 servings whipped cream fresh sweetened

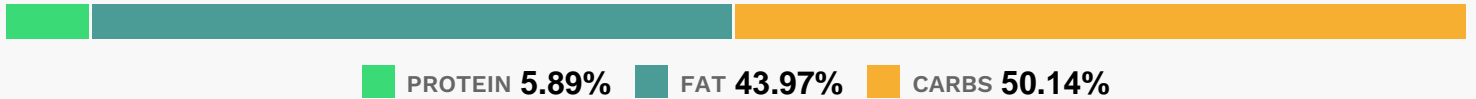
Equipment

- oven
- pastry bag
- mini muffin tray

Directions

- Preheat oven to 350 degrees F.
- Fill 2 (12-muffin) mini muffin tins with paper cups and spray cups with cooking spray.
- Place 1 Key Lime Cooler cookie in the bottom of each cup, flat side down.
- Prepare filling. Beat together cream cheese, egg, sugar, lime juice, and zest until well mixed. Fill the cups to the top.
- Bake for 10 to 12 minutes.
- Remove tarts to cool. When completely cool, fit a star tip in a pastry bag and fill with the whipped cream. Pipe the whipped cream on top of the tarts.
- Garnish with tiny mint leaves or lime zest.

Nutrition Facts



Properties

Glycemic Index:10.34, Glycemic Load:5.12, Inflammation Score:-3, Nutrition Score:3.1091303941996%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 28.98mg, Hesperetin: 28.98mg, Hesperetin: 28.98mg, Hesperetin: 28.98mg Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 87.61kcal (4.38%), Fat: 4.91g (7.55%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.7g (3.89%), Sugar: 6.16g (6.84%), Cholesterol: 20.92mg (6.97%), Sodium: 34.17mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin C: 19.91mg (24.13%), Fiber: 1.88g (7.54%),

Vitamin A: 212.1IU (4.24%), Calcium: 38.62mg (3.86%), Phosphorus: 31.34mg (3.13%), Vitamin B2: 0.05mg (2.85%), Potassium: 93.84mg (2.68%), Selenium: 1.75µg (2.51%), Iron: 0.45mg (2.51%), Vitamin B5: 0.25mg (2.47%), Copper: 0.05mg (2.39%), Vitamin B6: 0.04mg (2.01%), Vitamin E: 0.29mg (1.93%), Folate: 7.39µg (1.85%), Vitamin B1: 0.03mg (1.71%), Magnesium: 5.86mg (1.46%), Zinc: 0.17mg (1.12%)