



Lemon-Almond Tarts

READY IN



180 min.

SERVINGS



6

CALORIES



861 kcal

DESSERT

Ingredients

- 7 oz almond paste
- 0.5 cup butter melted
- 2 tablespoons butter melted
- 2 large eggs
- 0.3 cup granulated sugar
- 0.7 cup lemon curd
- 6 servings mint leaves fresh
- 0.3 cup powdered sugar
- 12 oz raspberries fresh

- 6 servings vanilla wafers
- 75 vanilla wafers

Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Prepare Crusts: Preheat oven to 350
- Pulse vanilla wafers in a food processor 8 to 10 times or until finely crushed. Stir together crushed wafers, powdered sugar, and butter in a medium bowl. Press crumb mixture on bottom and up sides of 6 lightly greased 4-inch tart pans with removable bottoms.
- Place on a baking sheet.
- Bake at 350 for 10 to 12 minutes or until lightly browned.
- Transfer to a wire rack.
- Let cool completely (about 30 minutes).
- Meanwhile, prepare Filling: Reduce oven temperature to 325
- Beat almond paste and next 3 ingredients at medium speed with an electric mixer until well blended.
- Pour mixture into crusts.
- Bake at 325 for 18 to 20 minutes or until set and just beginning to brown around edges.
- Let cool on a wire rack 30 minutes.
- Spread 1 1/2 Tbsp. lemon curd onto each tart. Cover and chill 1 to 24 hours.
- Remove tarts from pans, and top with raspberries just before serving.
- Garnish, if desired.

Nutrition Facts

PROTEIN 4.41% FAT 46.94% CARBS 48.65%

Properties

Glycemic Index:58.35, Glycemic Load:48.58, Inflammation Score:-7, Nutrition Score:14.191304269044%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 861.37kcal (43.07%), Fat: 45.81g (70.48%), Saturated Fat: 19.34g (120.88%), Carbohydrates: 106.83g (35.61%), Net Carbohydrates: 100.36g (36.49%), Sugar: 66.84g (74.27%), Cholesterol: 113.46mg (37.82%), Sodium: 560.2mg (24.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Vitamin E: 5.68mg (37.87%), Manganese: 0.68mg (34%), Folate: 112.61µg (28.15%), Fiber: 6.47g (25.87%), Vitamin B1: 0.37mg (24.88%), Vitamin B2: 0.42mg (24.86%), Vitamin C: 15.21mg (18.43%), Phosphorus: 173.08mg (17.31%), Vitamin A: 740.54IU (14.81%), Magnesium: 58.74mg (14.69%), Vitamin B3: 2.82mg (14.12%), Copper: 0.22mg (10.87%), Selenium: 6.93µg (9.91%), Calcium: 88.62mg (8.86%), Potassium: 287.93mg (8.23%), Iron: 1.27mg (7.08%), Zinc: 0.98mg (6.51%), Vitamin K: 6.12µg (5.83%), Vitamin B5: 0.51mg (5.09%), Vitamin B6: 0.07mg (3.67%), Vitamin B12: 0.19µg (3.14%), Vitamin D: 0.33µg (2.22%)