



Lemon-Berry Tart

READY IN



140 min.

SERVINGS



8

CALORIES



364 kcal

DESSERT

Ingredients

- 2 cups poached berries sliced
- 3 tablespoons brown sugar packed
- 0.5 cup butter softened
- 8 oz cream cheese softened
- 1 eggs
- 1.3 cups flour all-purpose
- 0.5 cup lemon curd (from 10-oz jar)

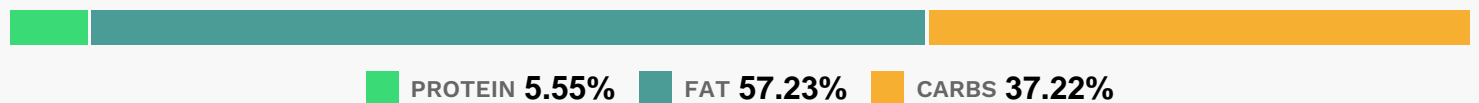
Equipment

- bowl
- oven
- hand mixer
- tart form

Directions

- Heat oven to 400F. In small bowl, mix all crust ingredients until dough forms. Press dough firmly and evenly against bottom and side of ungreased 9x1-inch tart pan, using floured fingers.
- Bake 13 to 15 minutes or until light golden brown. Cool completely, about 45 minutes.
- In small bowl, beat lemon curd and cream cheese with electric mixer on medium speed until smooth.
- Spread over crust. Refrigerate at least 1 hour until slightly firm. Just before serving, arrange berries on lemon mixture.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:11.21, Inflammation Score:-6, Nutrition Score:6.28217388236%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 364.37kcal (18.22%), Fat: 23.44g (36.05%), Saturated Fat: 9.15g (57.2%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 32.69g (11.89%), Sugar: 17.25g (19.17%), Cholesterol: 49.09mg (16.36%), Sodium: 275.03mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin A: 935.75IU (18.71%), Selenium: 10.84µg (15.49%), Vitamin B2: 0.21mg (12.14%), Vitamin B1: 0.18mg (11.72%), Folate: 43.78µg (10.94%), Manganese:

0.2mg (9.89%), Phosphorus: 70.02mg (7%), Vitamin B3: 1.39mg (6.96%), Vitamin K: 7.03µg (6.69%), Fiber: 1.6g (6.41%), Iron: 1.14mg (6.31%), Vitamin E: 0.94mg (6.26%), Calcium: 44.6mg (4.46%), Vitamin B5: 0.4mg (3.98%), Vitamin B6: 0.06mg (2.99%), Potassium: 98.78mg (2.82%), Copper: 0.05mg (2.6%), Magnesium: 10.28mg (2.57%), Zinc: 0.38mg (2.52%), Vitamin B12: 0.13µg (2.09%), Vitamin C: 1mg (1.21%)