



Lemon-Buttermilk Tart

READY IN



45 min.

SERVINGS



8

CALORIES



536 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.3 cup buttermilk
- ☐ 2 tablespoons cornmeal
- ☐ 4 large eggs
- ☐ 8 servings ground nutmeg
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 15 ounce piecrusts refrigerated
- ☐ 1.3 cups sugar

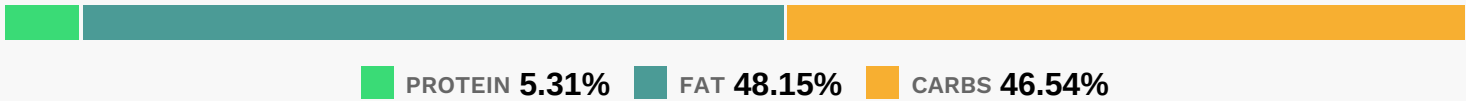
Equipment

- ☐ bowl
- ☐ oven
- ☐ tart form

Directions

- ☐ Place piecrust in a 9-inch tart pan according to package directions.
- ☐ Bake at 400 for 9 to 11 minutes or until lightly browned.
- ☐ Beat eggs and sugar in a large bowl until pale yellow. Stir in buttermilk and next 4 ingredients.
- ☐ Pour mixture into prepared crust.
- ☐ Sprinkle lightly with nutmeg.
- ☐ Bake at 325 for 12 to 15 minutes or until set. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:24.87, Inflammation Score:-4, Nutrition Score:7.6882608766141%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 535.51kcal (26.78%), Fat: 28.99g (44.6%), Saturated Fat: 13.1g (81.89%), Carbohydrates: 63.05g (21.02%), Net Carbohydrates: 60.97g (22.17%), Sugar: 34.57g (38.41%), Cholesterol: 124.33mg (41.44%), Sodium: 352.88mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Selenium: 11.52µg (16.46%), Manganese: 0.32mg (15.93%), Vitamin B2: 0.23mg (13.76%), Folate: 53.75µg (13.44%), Vitamin B1: 0.18mg (11.81%), Iron: 1.99mg (11.05%), Phosphorus: 108.14mg (10.81%), Vitamin A: 505.32IU (10.11%), Fiber: 2.08g (8.33%), Vitamin B3: 1.56mg (7.82%), Vitamin B5: 0.67mg (6.7%), Vitamin E: 0.86mg (5.76%), Zinc: 0.73mg (4.88%), Vitamin C: 3.98mg (4.82%), Vitamin B6: 0.09mg (4.75%), Vitamin K: 4.98µg (4.74%), Magnesium: 18.91mg (4.73%), Vitamin B12: 0.28µg (4.69%), Copper: 0.09mg (4.53%), Calcium: 41.76mg (4.18%), Vitamin D: 0.6µg (3.98%), Potassium: 124.36mg (3.55%)