



Lemon-Coconut Tart

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



402 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 2 cups flour all-purpose
- 1 cup powdered sugar divided
- 10 servings garnishes: raspberries fresh
- 0.5 cup slivered almonds toasted chopped
- 1 cup coconut or sweetened flaked

Equipment

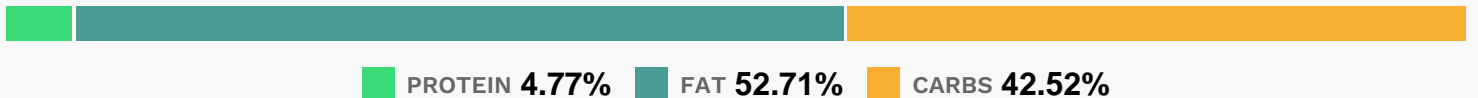
- frying pan

- oven
- wire rack
- blender
- aluminum foil

Directions

- Line a 13- x 9-inch pan with aluminum foil, allowing extra to hang over the sides; set aside.
- Combine flour and 1/2 cup powdered sugar.
- Cut butter into flour mixture with a pastry blender until crumbly; stir in almonds. Firmly press mixture into prepared pan.
- Bake at 350 for 20 to 25 minutes or until light golden brown.
- Stir together Lemon Chess Pie Filling and coconut; pour over baked crust.
- Bake at 350 for 30 to 35 minutes or until set. Cool in pan on a wire rack.
- Sprinkle evenly with remaining 1/2 cup powdered sugar; lift tart out, and slide it onto a serving platter.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.1, Glycemic Load:14.7, Inflammation Score:-6, Nutrition Score:10.595652170803%

Flavonoids

Cyanidin: 27.59mg, Cyanidin: 27.59mg, Cyanidin: 27.59mg, Cyanidin: 27.59mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg,

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 401.67kcal (20.08%), Fat: 24.12g (37.11%), Saturated Fat: 14.17g (88.54%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 37.69g (13.7%), Sugar: 17.83g (19.81%), Cholesterol: 48.81mg (16.27%), Sodium: 171.58mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Manganese: 0.78mg (38.89%), Fiber: 6.09g (24.37%), Vitamin C: 15.72mg (19.05%), Vitamin E: 2.45mg (16.31%), Folate: 61.66µg (15.42%), Vitamin B1: 0.23mg (15.26%), Selenium: 10.48µg (14.98%), Vitamin B2: 0.22mg (12.89%), Vitamin A: 587.13IU (11.74%), Iron: 1.91mg (10.64%), Vitamin B3: 2.1mg (10.5%), Magnesium: 38.07mg (9.52%), Copper: 0.17mg (8.58%), Phosphorus: 84.32mg (8.43%), Vitamin K: 6.34µg (6.04%), Potassium: 193.3mg (5.52%), Zinc: 0.68mg (4.52%), Calcium: 39.78mg (3.98%), Vitamin B5: 0.37mg (3.69%), Vitamin B6: 0.05mg (2.73%)