



Lemon-Coconut Tarts

READY IN



110 min.

SERVINGS



1

CALORIES



5190 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup butter softened
- ☐ 1 teaspoon coconut extract
- ☐ 8 oz cream cheese softened
- ☐ 4 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 serving lemon zest toasted
- ☐ 1 cup sugar

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy. Gradually add flour to butter mixture, beating at low speed until blended. Shape mixture into 48 balls, and place on a baking sheet; cover and chill 30 minutes.
- ☐ Preheat oven to 35
- ☐ Place 1 dough ball into each cup of 2 lightly greased (24-cup) miniature muffin pans, and shape each into a pastry shell.
- ☐ Whisk together eggs, butter, and sugar; stir in fresh lemon juice and coconut extract.
- ☐ Pour into pastry shells.
- ☐ Bake at 350 for 18 to 22 minutes or until filling is set. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans to wire racks; cool completely (about 20 minutes).
- ☐ Garnish, if desired.

Nutrition Facts



■ PROTEIN 5.66% ■ FAT 59.42% ■ CARBS 34.92%

Properties

Glycemic Index:272.09, Glycemic Load:315.62, Inflammation Score:-10, Nutrition Score:61.774347802867%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 5189.59kcal (259.48%), Fat: 346.4g (532.93%), Saturated Fat: 208.16g (1301.01%), Carbohydrates: 458.08g (152.69%), Net Carbohydrates: 449.37g (163.41%), Sugar: 212.57g (236.19%), Cholesterol: 1623.8mg (541.27%), Sodium: 2951.81mg (128.34%), Alcohol: 1.7g (100%), Alcohol %: 0.16% (100%), Protein: 74.29g (148.59%), Selenium: 191.15µg (273.07%), Vitamin A: 11694.49IU (233.89%), Vitamin B2: 3.14mg (184.55%), Folate: 711.66µg (177.91%), Vitamin B1: 2.62mg (174.71%), Manganese: 2.24mg (112.06%), Phosphorus: 1055.64mg (105.56%), Iron: 18.48mg (102.68%), Vitamin B3: 19.03mg (95.15%), Vitamin E: 11.38mg (75.88%), Vitamin B5: 6.17mg (61.69%), Vitamin B12: 2.79µg (46.56%), Calcium: 459.2mg (45.92%), Zinc: 6.24mg (41.6%), Vitamin C: 31.73mg (38.47%), Fiber: 8.7g (34.81%), Copper: 0.67mg (33.28%), Vitamin B6: 0.65mg (32.63%), Magnesium: 124.72mg (31.18%), Potassium: 1077.77mg (30.79%), Vitamin D: 4µg (26.67%), Vitamin K: 27.49µg (26.18%)