



Lemon Cream Tart

READY IN



30 min.

SERVINGS



8

CALORIES



1259 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon confectioners' sugar
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 2 large egg yolks
- ☐ 9 inch graham cracker cookie crumb crust
- ☐ 1 cup heavy cream
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 2 cups milk

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted

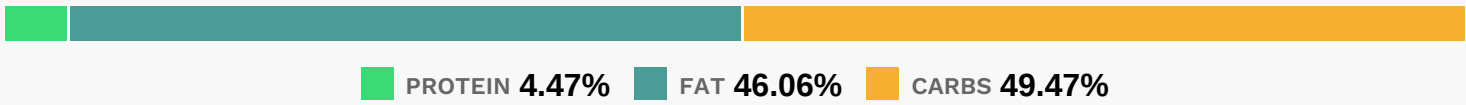
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Prepare crumb crust. Then combine first 6 ingredients in a medium saucepan, whisking well. Bring to a boil over medium heat, whisk constantly for about 8 minutes.
- ☐ Remove from heat and stir in lemon peel, juice and butter.
- ☐ Pour into pie crust. Cover top of tart with wax paper. Chill at least 3 hours or overnight.
- ☐ To serve, whip cream and confectioners' sugar until stiff. Spoon or decoratively pipe whipped cream on top of tart.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:18.54, Inflammation Score:-7, Nutrition Score:23.256521556688%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1258.67kcal (62.93%), Fat: 64.8g (99.69%), Saturated Fat: 19.95g (124.66%), Carbohydrates: 156.6g (52.2%), Net Carbohydrates: 152.86g (55.59%), Sugar: 64.79g (71.99%), Cholesterol: 117.61mg (39.2%), Sodium: 1016.68mg (44.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.31%), Manganese: 2.47mg (123.65%), Vitamin K: 43.12µg (41.07%), Vitamin B2: 0.61mg (35.71%), Folate: 137.83µg (34.46%), Phosphorus: 334.06mg (33.41%), Vitamin B3: 6.26mg (31.32%), Iron: 5.27mg (29.28%), Vitamin E: 4.12mg (27.48%), Vitamin B1:

0.41mg (27.07%), Copper: 0.44mg (22.24%), Zinc: 2.91mg (19.38%), Selenium: 11.61µg (16.59%), Calcium: 161.57mg (16.16%), Fiber: 3.73g (14.93%), Vitamin A: 721.6IU (14.43%), Magnesium: 55.47mg (13.87%), Vitamin B6: 0.23mg (11.3%), Potassium: 366.7mg (10.48%), Vitamin D: 1.55µg (10.36%), Vitamin B5: 0.89mg (8.91%), Vitamin B12: 0.52µg (8.69%), Vitamin C: 6.4mg (7.76%)