



Lemon Cream Tart

READY IN



135 min.

SERVINGS



8

CALORIES



262 kcal

Ingredients

- ☐ 2 pkg jell-o lemon flavor gelatin sugar free (4-serving size each)
- ☐ 1 Tbsp lemon zest grated
- ☐ 1 cup vanilla nonfat yogurt frozen
- ☐ 0.5 cup raspberries fresh
- ☐ 16 chewy raspberry-filled cookies
- ☐ 1 cup water boiling
- ☐ 1 cup water cold
- ☐ 1.5 cups cool whip lite whipped topping divided thawed

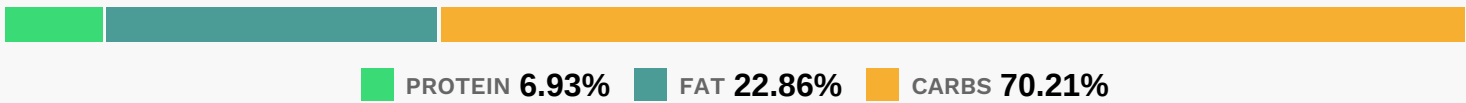
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ springform pan

Directions

- ☐ Stand cookies, filling-side down, along inside of greased 9-inch springform pan. Set aside.
- ☐ Dissolve gelatin in 1 cup boiling water. Stir in 1 cup cold water. Refrigerate until slightly thickened.
- ☐ Place frozen yogurt in blender container; cover. Blend until smooth. Gradually add gelatin mixture, blending until smooth. Blend gelatin mixture, 1 cup of the whipped topping and lemon peel in large bowl.
- ☐ Spread mixture into prepared pan. Refrigerate 2 hours or until firm.
- ☐ Garnish with remaining whipped topping and raspberries.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:3.748260854379%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 261.73kcal (13.09%), Fat: 6.75g (10.39%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 45.76g (16.64%), Sugar: 37.22g (41.35%), Cholesterol: 0.89mg (0.3%), Sodium: 223.11mg (9.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Phosphorus: 97.08mg (9.71%), Vitamin B2: 0.14mg (8.13%), Calcium: 68.31mg (6.83%), Manganese: 0.13mg (6.67%), Selenium: 4.34µg (6.2%), Vitamin B1: 0.08mg (5.41%), Folate: 17.49µg (4.37%), Vitamin C: 3.15mg (3.81%), Copper: 0.07mg (3.71%), Fiber: 0.93g (3.71%), Vitamin B3: 0.74mg (3.7%), Iron: 0.65mg (3.62%), Vitamin E: 0.54mg (3.6%), Potassium: 109.47mg (3.13%), Magnesium: 11.72mg (2.93%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.38mg (2.52%), Vitamin K: 2.57µg (2.45%), Vitamin B5: 0.12mg (1.25%), Vitamin B6: 0.03mg (1.25%)