



Lemon Curd Tarts

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons lemon zest grated

- ☐ 0.5 cup pecans finely chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon water cold

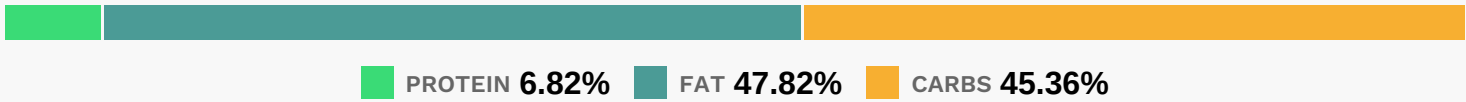
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F. In medium bowl, mix flour, pecans and 1/4 cup sugar. Stir in 1/4 cup butter and 1 egg until crumbly. Press in bottom and up sides of 24 ungreased mini muffin cups.
- ☐ Bake 10 to 12 minutes or until light golden brown. Cool tart shells in pan.
- ☐ In 2-quart saucepan, sprinkle gelatin on cold water to soften. In medium bowl, beat 1/2 cup sugar and 2 eggs with electric mixer on high speed until thick and lemon colored; stir into gelatin mixture. Cook about 15 minutes or just until boiling over low heat, stirring constantly.
- ☐ Remove from heat. Stir in lemon peel, lemon juice and 2 tablespoons butter.
- ☐ Pour lemon mixture into tart shells. Refrigerate about 1 hour or until set. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:7.25, Inflammation Score:-2, Nutrition Score:2.0800000163524%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 93.32kcal (4.67%), Fat: 5.08g (7.81%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 10.42g (3.79%), Sugar: 6.45g (7.16%), Cholesterol: 20.46mg (6.82%), Sodium: 41.69mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Manganese: 0.14mg (7%), Selenium: 3.65µg (5.21%), Vitamin B1: 0.06mg (3.96%), Vitamin B2: 0.06mg (3.38%), Folate: 13.27µg (3.32%), Vitamin A: 157.69IU (3.15%), Phosphorus: 23.95mg (2.39%), Iron: 0.41mg (2.26%), Copper: 0.04mg (2.19%), Vitamin C: 1.66mg (2.01%), Vitamin B3: 0.34mg (1.72%), Fiber: 0.42g (1.68%), Zinc: 0.21mg (1.42%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.13mg (1.35%), Magnesium: 4.93mg (1.23%)