



## Lemon Curd Tarts

 Dairy Free

READY IN



120 min.

SERVINGS



24

CALORIES



68 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose gold medal®
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons lemon zest grated
- ☐ 0.5 cup pecans finely chopped

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon water cold

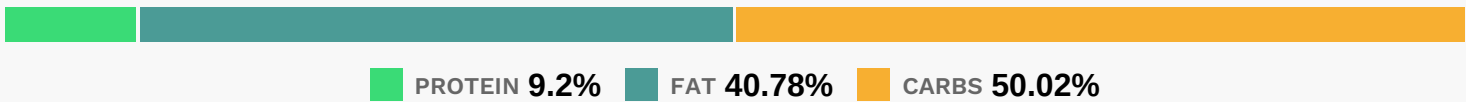
## Equipment

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

## Directions

- ☐ Heat oven to 375°F. 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:6.46, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:1.9686956321416%

## 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, 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: 68.3kcal (3.41%), Fat: 3.17g (4.88%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.33g (3.03%), Sugar: 4.37g (4.85%), Cholesterol: 20.46mg (6.82%), Sodium: 19.37mg (0.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Manganese: 0.14mg (6.99%), Selenium: 3.64µg (5.2%), Vitamin B1: 0.06mg (3.94%), Folate: 13.25µg (3.31%), Vitamin B2: 0.06mg (3.31%), Phosphorus: 23.4mg (2.34%), Iron: 0.41mg (2.25%), Copper: 0.04mg (2.18%), Vitamin C: 1.66mg (2.01%), Vitamin B3: 0.34mg (1.71%), Fiber: 0.42g (1.68%), Vitamin A: 73.11IU (1.46%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.13mg (1.33%), Magnesium: 4.86mg (1.21%)