



Lemon Honey Butter Tarts

READY IN



50 min.

SERVINGS



18

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt

☐ 2 inch unbaked tart shells

Equipment

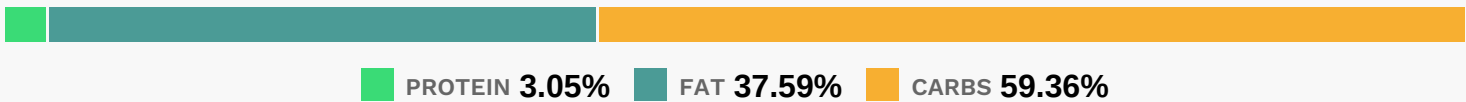
☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat eggs in a large bowl. Stir in brown sugar, honey, lemon juice, lemon zest, cinnamon, nutmeg, and salt. Blend in melted butter. Fill tart shells halfway.
- ☐ Bake in preheated oven for 15 to 20 minutes, or until pastry is golden brown, and filling is set.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:4.05, Inflammation Score:-1, Nutrition Score:0.88347826055858%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 91.03kcal (4.55%), Fat: 3.97g (6.11%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 14.02g (5.1%), Sugar: 13.75g (15.28%), Cholesterol: 27.29mg (9.1%), Sodium: 69.2mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin A: 131.8IU (2.64%), Selenium: 1.7µg (2.42%), Vitamin B2: 0.03mg (1.63%), Manganese: 0.02mg (1.18%), Phosphorus: 11.55mg (1.16%), Iron: 0.2mg (1.13%), Calcium: 10.26mg (1.03%), Vitamin C: 0.84mg (1.02%), Vitamin E: 0.15mg (1.02%)