



Lemon-Lime Cream Tart

READY IN



45 min.

SERVINGS



10

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 1 large egg white
- ☐ 3 large eggs
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons butter softened
- ☐ 3 tablespoons sugar
- ☐ 14 ounce condensed milk sweetened low-fat canned
- ☐ 44 vanilla wafers reduced-fat

☐ 1 cup non-dairy whipped topping frozen divided thawed reduced-calorie

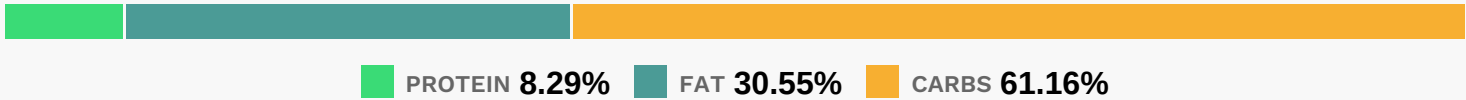
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Preheat oven to 32
- ☐ Place wafers in a food processor; process until finely ground.
- ☐ Add sugar, margarine, and egg white; pulse 2 times or just until combined.
- ☐ Press crumb mixture into bottom and up sides of a 9-inch round tart pan coated with cooking spray.
- ☐ Bake at 325 for 15 minutes or until lightly browned. Cool on a wire rack.
- ☐ Combine grated lemon rind, juices, eggs, and milk in a bowl, stirring with a whisk until blended.
- ☐ Pour mixture into prepared crust.
- ☐ Bake at 325 for 30 minutes or until filling is set. Cool completely. Top with whipped topping.
- ☐ Garnish with lemon rind strips and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:17.09, Inflammation Score:-2, Nutrition Score:3.7139130532742%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 318.01kcal (15.9%), Fat: 10.79g (16.6%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 48.13g (17.5%), Sugar: 36.91g (41.01%), Cholesterol: 61.18mg (20.39%), Sodium: 204.62mg (8.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.17%), Calcium: 115.82mg (11.58%), Vitamin B2: 0.15mg (9.09%), Folate: 32.85µg (8.21%), Vitamin B1: 0.12mg (8.14%), Selenium: 5.48µg (7.83%), Vitamin C: 5.16mg (6.26%), Vitamin A: 288.27IU (5.77%), Phosphorus: 48.69mg (4.87%), Vitamin B3: 0.72mg (3.62%), Vitamin B12: 0.15µg (2.57%), Vitamin B5: 0.26mg (2.56%), Potassium: 70.82mg (2.02%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.3µg (2%), Fiber: 0.47g (1.89%), Vitamin B6: 0.03mg (1.69%), Iron: 0.29mg (1.61%), Zinc: 0.21mg (1.4%)