



Lemon Macaroon Tartlets

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons coconut or sweetened flaked toasted
- ☐ 12 servings macaroon tart shells
- ☐ 0.3 cup water

☐

0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Prepare Macaroon Tart Shells, and set aside.
- ☐ Combine sugar, cornstarch, and lemon rind in a saucepan, and stir well. Gradually add water and lemon juice; stir with a wire whisk until blended. Bring to a boil over medium heat, and cook, stirring constantly, 1 minute. Gradually stir one-fourth of hot lemon mixture into egg; add to remaining lemon mixture, stirring constantly. Cook over medium heat, stirring constantly, 1 minute or until thickened.
- ☐ Pour mixture into a bowl; stir in food coloring, if desired.
- ☐ Place plastic wrap on surface, and chill.
- ☐ Spoon 1 tablespoon plus 1 teaspoon lemon mixture into each prepared shell. Top evenly with whipped topping and coconut.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:0.86217391685299%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 80.44kcal (4.02%), Fat: 1.79g (2.75%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.68g (5.7%), Sugar: 14.35g (15.95%), Cholesterol: 13.94mg (4.65%), Sodium: 17.93mg (0.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin C: 2.73mg (3.31%), Selenium: 1.7µg (2.43%), Vitamin B2: 0.02mg (1.38%), Manganese: 0.03mg (1.32%), Fiber: 0.33g (1.31%), Phosphorus: 12.68mg (1.27%), Iron: 0.21mg (1.19%)