



Lemon-Mascarpone Icebox Tarts

READY IN



380 min.

SERVINGS



6

CALORIES



785 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup butter melted
- 2.7 cups cookie crumbs ()
- 6 egg yolk
- 0.5 cup juice of lemon fresh
- 2 teaspoons lemon zest
- 8 oz mascarpone cheese
- 0.3 cup powdered sugar
- 14 oz condensed milk sweetened canned

6 servings thyme sprigs fresh sliced

Equipment

frying pan

baking sheet

oven

whisk

wire rack

Directions

Preheat oven to 350

Stir together first 4 ingredients; firmly press crumb mixture on bottom and up sides of 6 (3 3/4-inch) round tart pans with removable bottoms (about 6 Tbsp. per pan).

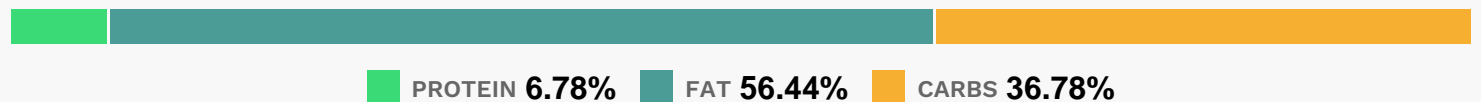
Place tart pans on a baking sheet, and bake 10 to 12 minutes or until lightly browned. Cool on baking sheet on a wire rack completely (about 30 minutes).

Whisk together sweetened condensed milk and next 3 ingredients until well blended; whisk in mascarpone cheese just until blended. Spoon mixture into prepared tart shells.

Bake at 350 for 12 to 15 minutes or until almost set. (The centers will not be firm but will set up as they chill.) Cool completely on wire rack (about 1 hour). Cover and chill 4 hours. Arrange berries and fruit decoratively over tarts just before serving.

Note: We tested with Pepperidge Farm Chessmen Cookies.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:39.78, Inflammation Score:-9, Nutrition Score:13.766086951546%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin:

0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 785.47kcal (39.27%), Fat: 49.47g (76.11%), Saturated Fat: 26.03g (162.69%), Carbohydrates: 72.54g (24.18%), Net Carbohydrates: 71.69g (26.07%), Sugar: 51.17g (56.85%), Cholesterol: 281.8mg (93.93%), Sodium: 351.88mg (15.3%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 13.37g (26.74%), Selenium: 22.81µg (32.58%), Vitamin B2: 0.52mg (30.8%), Calcium: 279.06mg (27.91%), Vitamin A: 1367.81IU (27.36%), Phosphorus: 272.7mg (27.27%), Folate: 74.54µg (18.63%), Vitamin B1: 0.25mg (16.97%), Vitamin C: 12.05mg (14.61%), Vitamin E: 1.98mg (13.2%), Vitamin B5: 1.22mg (12.15%), Iron: 2.14mg (11.91%), Manganese: 0.22mg (11.23%), Vitamin B12: 0.66µg (11.06%), Potassium: 335.86mg (9.6%), Zinc: 1.3mg (8.64%), Vitamin B3: 1.65mg (8.24%), Vitamin D: 1.1µg (7.36%), Vitamin B6: 0.14mg (7.14%), Magnesium: 27.53mg (6.88%), Vitamin K: 6.29µg (5.99%), Copper: 0.07mg (3.69%), Fiber: 0.85g (3.4%)