



Lemon Mousse Tart

READY IN



25 min.

SERVINGS



8

CALORIES



763 kcal

DESSERT

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 8 oz chocolate white chopped
- ☐ 2 cups cup heavy whipping cream
- ☐ 8 servings optional: lemon fresh
- ☐ 8 servings lemon curd
- ☐ 15 oz pie crust dough refrigerated

Equipment

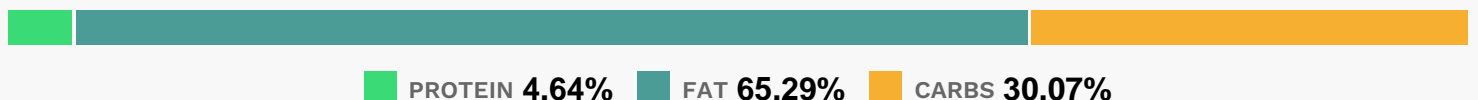
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Fit piecrust into a lightly greased 9 1/2-inch tart pan; press into fluted edges. Fold any excess dough over outside of pan, and pinch to secure to pan. (This will keep piecrust from sliding down pan as it bakes.) Generously prick bottom and sides of piecrust with a fork, and freeze 20 minutes.
- ☐ Preheat oven to 42
- ☐ Place piecrust on a baking sheet, and bake 15 minutes or until light golden brown. Cool on a wire rack 20 minutes or until completely cool. Gently tap excess crust from sides of pan, using a rolling pin.
- ☐ Microwave white chocolate in a small microwave-safe bowl at HIGH 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Beat softened cream cheese at medium speed with an electric mixer until light and fluffy.
- ☐ Add melted chocolate, and beat until blended, stopping to scrape down sides.
- ☐ Add Lemon Curd, and beat until blended.
- ☐ Beat heavy cream at high speed with an electric mixer until soft peaks form. Gently fold into lemon mixture. Spoon mixture into prepared crust, mounding mixture in center of tart. (Mixture will be about 2 inches higher than top edge of crust.) Chill 4 hours.
- ☐ Garnish with lemon curls and fresh raspberries, if desired.

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:12.25, Inflammation Score:-7, Nutrition Score:9.2117391254591%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 762.93kcal (38.15%), Fat: 55.96g (86.09%), Saturated Fat: 30.37g (189.83%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 56.37g (20.5%), Sugar: 31.1g (34.56%), Cholesterol: 101.82mg (33.94%), Sodium: 405.14mg (17.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.89%), Vitamin A: 1265.96IU (25.32%), Vitamin B2: 0.35mg (20.52%), Phosphorus: 154.13mg (15.41%), Calcium: 135.1mg (13.51%), Vitamin B1: 0.19mg (12.35%), Selenium: 8.56µg (12.22%), Manganese: 0.24mg (12.15%), Folate: 44.89µg (11.22%), Iron: 1.58mg (8.79%), Vitamin E: 1.32mg (8.79%), Vitamin B3: 1.72mg (8.59%), Vitamin K: 8.96µg (8.53%), Vitamin B5: 0.71mg (7.14%), Potassium: 236.25mg (6.75%), Fiber: 1.62g (6.48%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.32µg (5.27%), Vitamin C: 4.21mg (5.1%), Zinc: 0.74mg (4.92%), Magnesium: 18.65mg (4.66%), Vitamin B6: 0.08mg (4.24%), Copper: 0.07mg (3.56%)