



Lemon Pudding Cream Tart

 Vegetarian

READY IN



70 min.

SERVINGS



15

CALORIES



348 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.7 cup confectioners' sugar
- 2.5 cups flour all-purpose
- 0.8 cup heavy whipping cream
- 6.8 ounce lemon pudding mix instant
- 1 juice of lemon juiced
- 1 lemon zest
- 4 cups milk

- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract

Equipment

- bowl
- oven
- whisk
- mixing bowl
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish. Chill beaters of an electric mixer and a metal or glass mixing bowl in the freezer.
- Combine flour, 1/2 cup confectioners' sugar, butter, and lemon juice with 2 forks in a large bowl until thoroughly combined; press mixture into bottom of prepared baking dish.
- Bake crust in the preheated oven until firm and lightly golden brown, 20 to 25 minutes.
- Let crust cool completely.
- Whisk pudding mix and milk in a large bowl for 2 minutes; allow to stand until softly set, about 3 more minutes.
- Beat cream, sour cream, 2/3 cup confectioners' sugar, and vanilla extract in the chilled bowl, using the chilled beaters, until mixture is thick and fluffy, 3 to 5 minutes.
- Mixture should form stiff peaks when beaters are lifted straight up. Refrigerate cream mixture for 20 minutes to continue to thicken.
- Spoon lemon pudding in an even layer over the crust and top with whipped cream mixture in a layer; sprinkle with lemon zest.

Nutrition Facts



PROTEIN 5.65% **FAT 52.26%** **CARBS 42.09%**

Properties

Glycemic Index:10.87, Glycemic Load:12.66, Inflammation Score:-5, Nutrition Score:6.4543478229771%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 347.81kcal (17.39%), Fat: 20.41g (31.4%), Saturated Fat: 12.53g (78.33%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 36.37g (13.23%), Sugar: 9.12g (10.13%), Cholesterol: 58.31mg (19.44%), Sodium: 193.24mg (8.4%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.97g (9.93%), Vitamin A: 706.6IU (14.13%), Vitamin B2: 0.24mg (14%), Vitamin B1: 0.21mg (13.74%), Selenium: 9.27µg (13.24%), Phosphorus: 105.19mg (10.52%), Calcium: 103.77mg (10.38%), Folate: 39.97µg (9.99%), Manganese: 0.15mg (7.5%), Vitamin B12: 0.41µg (6.87%), Vitamin B3: 1.33mg (6.63%), Vitamin D: 0.91µg (6.04%), Iron: 1.02mg (5.65%), Potassium: 148.26mg (4.24%), Vitamin B5: 0.41mg (4.15%), Magnesium: 15.02mg (3.75%), Vitamin E: 0.54mg (3.59%), Zinc: 0.49mg (3.24%), Vitamin B6: 0.06mg (2.95%), Fiber: 0.62g (2.5%), Copper: 0.04mg (1.88%), Vitamin C: 1.43mg (1.73%), Vitamin K: 1.81µg (1.73%)