



Lemon-Raspberry Tart

 Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



170 kcal

DESSERT

Ingredients

- 3 eggs
- 16.5 oz lemon cake mix
- 2 cups raspberries fresh
- 0.3 cup water

Equipment

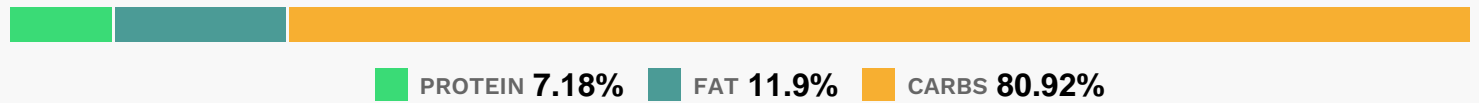
- bowl
- frying pan
- oven

- knife
- springform pan

Directions

- Heat oven to 350F. In medium bowl, combine contents of filling packet from bar mix, water and eggs; mix well. Set aside.
- Press dry crust mix in bottom of ungreased 9-inch springform pan.
- Bake at 350F. for 10 minutes.
- Stir filling again; pour over hot crust.
- Bake an additional 25 to 30 minutes or until top begins to brown. Cool 45 minutes or until completely cooled.
- To serve, arrange raspberries on top of tart. If desired, sprinkle with powdered sugar. Run knife around edge of tart; remove sides of pan. With wet knife, cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:5.1547826269399%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 169.58kcal (8.48%), Fat: 2.26g (3.48%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 32.82g (11.93%), Sugar: 17.8g (19.78%), Cholesterol: 40.92mg (13.64%), Sodium: 299.93mg (13.04%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Phosphorus: 148.42mg (14.84%), Manganese: 0.21mg (10.58%), Calcium: 93.61mg (9.36%), Folate: 35.88µg (8.97%), Vitamin B2: 0.15mg (8.7%), Fiber: 1.77g (7.07%), Vitamin B1: 0.1mg (6.72%), Selenium: 4.59µg (6.55%), Vitamin C: 5.24mg (6.35%), Iron: 1.14mg (6.34%), Vitamin B3: 1.03mg (5.15%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.38mg (3.76%), Vitamin B6: 0.06mg (2.99%), Copper: 0.05mg (2.75%), Vitamin K: 2.72µg (2.59%), Magnesium: 9.68mg (2.42%), Vitamin B12: 0.14µg (2.28%), Zinc: 0.33mg (2.21%), Potassium: 63.7mg (1.82%), Vitamin D: 0.22µg (1.47%), Vitamin A: 66IU (1.32%)