



Lemon Tart with Coconut Crust

READY IN



30 min.

SERVINGS



10

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 1 cup sugar-cookie crumbs (12 cookies)
- ☐ 8 large egg yolks
- ☐ 0.5 cup juice of lemon fresh
- ☐ 3 lemon zest grated
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 3 cups coconut or sweetened flaked
- ☐ 4 tablespoons butter unsalted cooled melted
- ☐ 10 tablespoon butter unsalted cold cut into small pieces

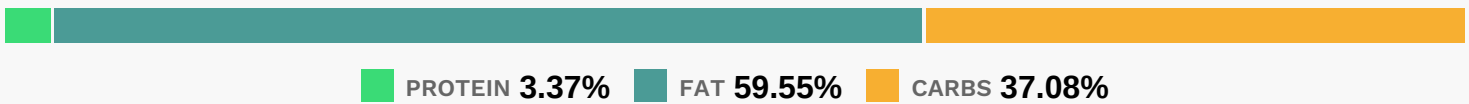
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Make curd: In a pan, whisk yolks, zest, juice, sugar and salt. Cook over medium heat, whisking constantly, until mixture thickens, 8 to 10 minutes.
- ☐ Remove from heat; whisk in butter, one piece at a time, until melted. Strain into a bowl. Cover with plastic wrap, pressing directly onto surface of curd. Refrigerate at least 4 hours.
- ☐ Make crust: Stir coconut, crumbs and butter until blended. Firmly press onto bottom and up sides of a 10-inch tart pan. Chill 30 minutes.
- ☐ Preheat oven to 350F.
- ☐ Bake crust until golden, 15 to 20 minutes.
- ☐ Let cool on a rack.
- ☐ Spread curd in crust.
- ☐ Remove tart from pan; slice and serve.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:17.96, Inflammation Score:-4, Nutrition Score:6.7217391884845%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 432.53kcal (21.63%), Fat: 29.36g (45.17%), Saturated Fat: 18.91g (118.22%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 38.26g (13.91%), Sugar: 31.97g (35.53%), Cholesterol: 189.02mg (63.01%), Sodium: 120.96mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Selenium: 12.68µg (18.12%), Manganese: 0.3mg (14.89%), Vitamin A: 696.15IU (13.92%), Fiber: 2.88g (11.53%), Phosphorus: 91.04mg (9.1%), Vitamin C: 7.04mg (8.54%), Folate: 31.98µg (8%), Vitamin E: 1.07mg (7.15%), Vitamin B2: 0.12mg (7.1%), Vitamin D: 1.03µg (6.86%), Iron: 1.09mg (6.07%), Vitamin B5: 0.52mg (5.16%), Copper: 0.1mg (5.14%), Vitamin B12: 0.3µg (4.98%), Vitamin B1: 0.07mg (4.54%), Magnesium: 16.48mg (4.12%), Potassium: 136.23mg (3.89%), Zinc: 0.57mg (3.82%), Vitamin B6: 0.07mg (3.58%), Calcium: 29.7mg (2.97%), Vitamin B3: 0.54mg (2.68%), Vitamin K: 2.57µg (2.44%)