



Lemon Tartlets With Pineapple and Kiwi

READY IN



45 min.

SERVINGS



12

CALORIES



2744 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large egg yolks
- ☐ 1 kiwifruit peeled sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated 1 lemon
- ☐ 0.5 cup pineapple finely chopped
- ☐ 6 tablespoons condensed milk fat-free sweetened
- ☐ 24 pastry shells such as clearbrook farms tart shells sweet mini

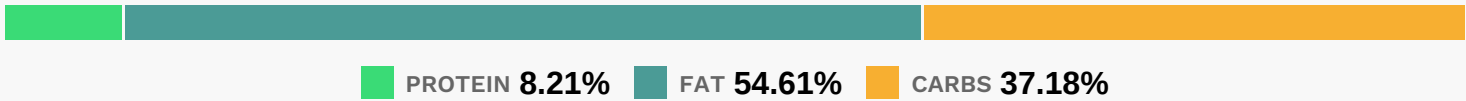
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 32
- ☐ In a medium bowl, combine condensed milk, egg yolks, lemon juice, and lemon zest with a whisk until blended.
- ☐ Place shells on baking sheets. Fill a zip-top plastic bag with lemon mix-ture. Snip off one of the bottom corners and fill pastry shells to 3/4 full.
- ☐ Bake 7 minutes or until filling is set.
- ☐ Remove from oven and let cool.
- ☐ Top tartlets evenly with the kiwi and pineapple.
- ☐ Loosely cover with plastic wrap (or place in an airtight container), and refrigerate until served. Best served within 4 hours of preparing.

Nutrition Facts



Properties

Glycemic Index:14.36, Glycemic Load:4.23, Inflammation Score:3, Nutrition Score:11.028260850388%

Flavonoids

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 2743.89kcal (137.19%), Fat: 163.38g (251.35%), Saturated Fat: 68.23g (426.46%), Carbohydrates: 250.3g (83.43%), Net Carbohydrates: 223g (81.09%), Sugar: 33.83g (37.59%), Cholesterol: 169.84mg (56.61%), Sodium: 1633.31mg (71.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.25g (110.51%), Iron: 53.12mg (295.09%), Fiber: 27.3g (109.2%), Vitamin C: 10.5mg (12.73%), Selenium: 3.09µg (4.42%), Phosphorus: 39.71mg (3.97%), Manganese: 0.07mg (3.68%), Calcium: 36.09mg (3.61%), Vitamin B2: 0.06mg (3.6%), Vitamin K: 3.18µg (3.03%), Folate: 8.98µg (2.24%), Vitamin B5: 0.19mg (1.92%), Potassium: 65.67mg (1.88%), Vitamin B12: 0.1µg (1.65%), Vitamin A: 78.42IU (1.57%), Vitamin B1: 0.02mg (1.48%), Vitamin B6: 0.03mg (1.45%), Vitamin E: 0.19mg (1.29%), Magnesium: 4.97mg (1.24%), Zinc: 0.18mg (1.2%), Vitamin D: 0.17µg (1.15%), Copper: 0.02mg (1.1%)