



Lemon Tarts

READY IN



28 min.

SERVINGS



6

CALORIES



1457 kcal

DESSERT

Ingredients

- 0.5 cup confectioners' sugar
- 4 eggs beaten
- 0.7 cup juice of lemon fresh
- 2 tablespoons cup heavy whipping cream sour
- 6 phyllo tart shells frozen mini
- 6 servings whipped cream

Equipment

- oven

mixing bowl

Directions

Heat the oven to 325 degrees F.

Mix eggs, lemon juice, sour cream, and confectioners' sugar in a large mixing bowl. Spoon mixture into empty frozen tart shells.

Bake in oven for 15 to 18 minutes. Top with whipped cream.

Nutrition Facts

 **PROTEIN 8.66%**  **FAT 53.87%**  **CARBS 37.47%**

Properties

Glycemic Index:9.17, Glycemic Load:0.41, Inflammation Score:1, Nutrition Score:10.390434727721%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1457.23kcal (72.86%), Fat: 85.82g (132.03%), Saturated Fat: 35.87g (224.18%), Carbohydrates: 134.29g (44.76%), Net Carbohydrates: 120.74g (43.9%), Sugar: 24.66g (27.4%), Cholesterol: 183.96mg (61.32%), Sodium: 853.22mg (37.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.02g (62.04%), Iron: 27.04mg (150.2%), Fiber: 13.55g (54.21%), Selenium: 9.32µg (13.32%), Vitamin C: 10.53mg (12.76%), Vitamin B2: 0.15mg (8.86%), Phosphorus: 68.63mg (6.86%), Vitamin B5: 0.52mg (5.17%), Folate: 19.63µg (4.91%), Vitamin B12: 0.29µg (4.78%), Vitamin A: 226.05IU (4.52%), Vitamin D: 0.61µg (4.07%), Vitamin B6: 0.07mg (3.32%), Zinc: 0.43mg (2.86%), Calcium: 28.25mg (2.83%), Vitamin E: 0.4mg (2.68%), Potassium: 82.42mg (2.35%), Magnesium: 6.21mg (1.55%), Vitamin B1: 0.02mg (1.42%), Copper: 0.03mg (1.37%)