



## Lemon Tarts

READY IN



640 min.

SERVINGS



10

CALORIES



239 kcal

DESSERT

## Ingredients

- ☐ 3 large eggs beaten at room temperature
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 cup juice of lemon fresh (from 3 lemons)
- ☐ 3 lemon zest packed grated ( 1 Tbsp. )
- ☐ 30 athens phyllo shells mini
- ☐ 1 pinch salt
- ☐ 1 cup sugar
- ☐ 8 tablespoons butter unsalted cut into 8 pieces (1 stick)

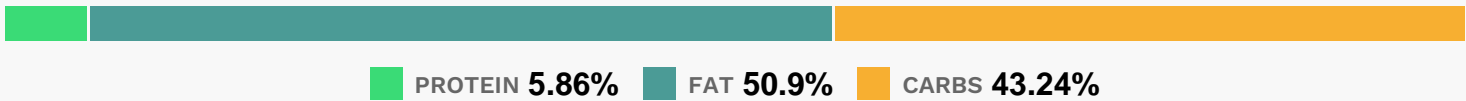
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ spatula

# Directions

- ☐ Set a fine-meshed sieve over a bowl.
- ☐ Pour 2 inches of water into a pan and bring to a simmer over low heat. In a bowl that fits over pan without touching water, mix juice and zest, eggs, butter, salt and 1 cup sugar. Cook, stirring constantly with a heatproof flexible spatula, until butter has melted, sugar has dissolved and mixture thickens enough to coat the back of a spoon, 20 to 25 minutes. (Do not allow it to boil.)
- ☐ Pour through sieve into bowl; press plastic wrap onto surface of mixture. Chill for at least 10 hours. (Curd will thicken as it cools and can be made up to 5 days ahead.)
- ☐ Preheat oven to 350F.
- ☐ Place tart shells on a baking sheet; bake for 5 minutes.
- ☐ Let cool.
- ☐ Whip cream with 1 tsp. sugar until soft peaks form. Cover and chill. Just before serving, put a heaping teaspoon of lemon curd into each shell. (Cover and chill any extra curd.) Pipe or spoon whipped cream on top of each tart.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:-3, Nutrition Score:2.6986956402012%

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: 238.95kcal (11.95%), Fat: 14.22g (21.87%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 26.94g (9.8%), Sugar: 20.58g (22.86%), Cholesterol: 86.6mg (28.87%), Sodium: 50.28mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin A: 449.98IU (9%), Vitamin C: 7.08mg (8.58%), Selenium: 5.04µg (7.2%), Vitamin B2: 0.09mg (5.33%), Vitamin D: 0.56µg (3.75%), Phosphorus: 37.03mg (3.7%), Vitamin E: 0.49mg (3.3%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.16µg (2.7%), Folate: 10.3µg (2.57%), Calcium: 18.36mg (1.84%), Vitamin B6: 0.04mg (1.83%), Iron: 0.3mg (1.69%), Zinc: 0.23mg (1.54%), Potassium: 44.89mg (1.28%)