



Lime-and-Macadamia Nut Tart

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter
- ☐ 6 tablespoons butter melted
- ☐ 6 large eggs
- ☐ 5.3 ounce graham crackers crushed ()
- ☐ 0.5 cup juice of lime fresh (6 large limes)
- ☐ 1.5 tablespoons lime rind grated
- ☐ 0.5 cup macadamia nuts finely chopped
- ☐ 1 slices garnishes: macadamia nuts toasted
- ☐ 0.3 cup sugar

☐ 1 cup sugar

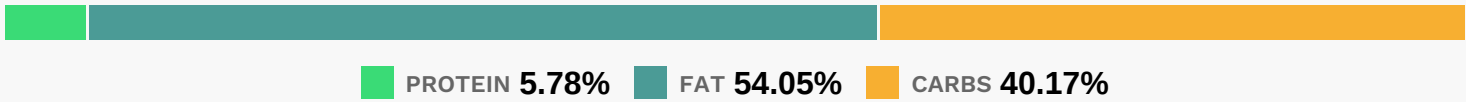
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Stir together first 4 ingredients. Firmly press crumb mixture evenly on bottom and up sides of a 10-inch tart pan.
- ☐ Bake crust at 350 for 7 to 9 minutes. Cool on wire rack.
- ☐ Whisk together eggs, grated lime rind, and fresh lime juice in a non-aluminum saucepan over low heat.
- ☐ Add 1 cup sugar, 6 tablespoons melted butter, and if desired, food coloring; cook, whisking constantly, 8 minutes or until lime mixture is thickened and bubbly.
- ☐ Let cool 15 to 20 minutes.
- ☐ Pour filling into prepared crust; cover and chill 4 hours or until set.
- ☐ Remove sides of tart pan, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:32.07, Inflammation Score:-5, Nutrition Score:8.0556521571201%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 470kcal (23.5%), Fat: 28.98g (44.58%), Saturated Fat: 9.65g (60.29%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 47g (17.09%), Sugar: 36.34g (40.38%), Cholesterol: 162.07mg (54.03%), Sodium: 345.39mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Manganese: 0.37mg (18.28%), Selenium: 12.13µg (17.33%), Vitamin A: 848.6IU (16.97%), Vitamin B2: 0.25mg (14.49%), Phosphorus: 135.66mg (13.57%), Vitamin B1: 0.17mg (11.02%), Iron: 1.79mg (9.94%), Folate: 29.28µg (7.32%), Magnesium: 28.5mg (7.13%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.68mg (6.81%), Zinc: 0.99mg (6.58%), Vitamin C: 4.99mg (6.05%), Vitamin B12: 0.36µg (6.03%), Fiber: 1.47g (5.86%), Vitamin B6: 0.11mg (5.68%), Copper: 0.1mg (5.2%), Calcium: 51.63mg (5.16%), Vitamin D: 0.75µg (5%), Vitamin B3: 0.98mg (4.92%), Potassium: 142.88mg (4.08%)