

Lime Tart

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



344 kcal

DESSERT

Ingredients

- 0.3 cup butter cubed
- 2 tablespoons powdered sugar
- 3 tablespoons cornstarch
- 1.5 cups graham cracker crumbs
- 0.5 cup heavy whipping cream
- 0.3 cup juice of lime
- 1 tablespoon lime zest grated
- 8 ounces cream sour

- 1 cup sugar
- 0.8 teaspoon vanilla extract

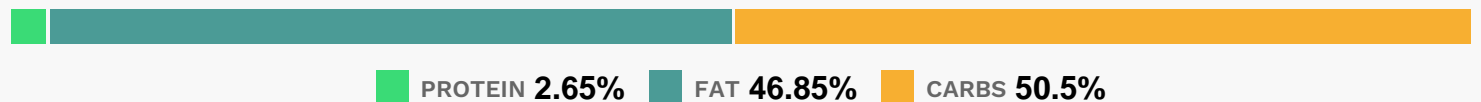
Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack

Directions

- Combine cracker crumbs, sugar and butter; press onto the bottom and up the sides of a 9-in. pie plate.
- Bake at 350° for 12–15 minutes or until lightly browned. Cool completely on a wire rack.
- In a saucepan, combine sugar and cornstarch. Gradually whisk in cream and lime juice until smooth.
- Add butter. Cook and stir over medium heat; gradually bring to a boil. Boil for 1 minute.
- Remove from the heat; stir in lime peel. Cool to room temperature; fold in sour cream.
- Pour into crust.
- In a small bowl, beat cream, confectioners' sugar and vanilla until stiff peaks form.
- Spread over filling. Chill for 4 hours or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:25.96, Inflammation Score:-4, Nutrition Score:3.2578261157741%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,

Naringenin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 343.64kcal (17.18%), Fat: 18.29g (28.14%), Saturated Fat: 10.18g (63.61%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 43.73g (15.9%), Sugar: 32.16g (35.74%), Cholesterol: 48.79mg (16.26%), Sodium: 163.02mg (7.09%), Alcohol: 0.13g (100%), Alcohol %: 0.15% (100%), Protein: 2.33g (4.66%), Vitamin A: 577.97IU (11.56%), Vitamin B2: 0.12mg (7.23%), Phosphorus: 65.65mg (6.56%), Calcium: 54.63mg (5.46%), Vitamin C: 3.59mg (4.35%), Iron: 0.73mg (4.05%), Magnesium: 14.3mg (3.57%), Vitamin B3: 0.65mg (3.26%), Vitamin B1: 0.05mg (3.18%), Zinc: 0.46mg (3.03%), Vitamin E: 0.43mg (2.89%), Folate: 10.82µg (2.71%), Potassium: 92.9mg (2.65%), Selenium: 1.83µg (2.61%), Fiber: 0.62g (2.5%), Vitamin B6: 0.04mg (1.85%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.16mg (1.55%), Vitamin K: 1.46µg (1.39%)