



Lime Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 6 egg yolks
- ☐ 2 large eggs
- ☐ 8 servings pastry
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.8 cup orange juice fresh
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted

- ☐ 1 slices garnishes: whipped cream sweetened
- ☐ 0.5 cup whipping cream

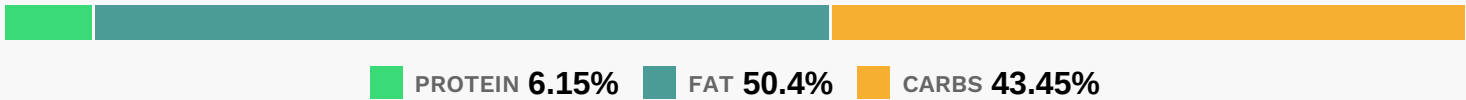
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Roll Pastry into a 13-inch round on a lightly floured surface. Fit into a 9-inch round tart pan; trim edges. Cover and freeze 1 hour.
- ☐ Line prepared pastry with aluminum foil, and fill with pie weights or dried beans.
- ☐ Bake at 400 for 12 minutes.
- ☐ Remove weights and foil; bake 14 minutes or until golden.
- ☐ Whisk together sugar and next 6 ingredients in a medium sauce-pan until blended; add butter. Bring to a boil over medium heat, whisking constantly; boil 1 minute. Cool slightly; pour into pastry shell.
- ☐ Place heavy-duty plastic wrap directly on surface, and chill 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:18.94, Inflammation Score:-4, Nutrition Score:6.0860869780831%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 4.14mg, Hesperetin: 4.14mg, Hesperetin: 4.14mg, Hesperetin: 4.14mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 286.73kcal (14.34%), Fat: 16.44g (25.29%), Saturated Fat: 8.87g (55.41%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 31.74g (11.54%), Sugar: 27.74g (30.82%), Cholesterol: 224.46mg (74.82%), Sodium: 32.49mg (1.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Vitamin C: 16.25mg (19.7%), Selenium: 12.4µg (17.72%), Vitamin A: 713.03IU (14.26%), Vitamin B2: 0.18mg (10.33%), Phosphorus: 94.77mg (9.48%), Folate: 35.66µg (8.92%), Vitamin D: 1.32µg (8.83%), Vitamin B5: 0.7mg (7.04%), Vitamin B12: 0.41µg (6.85%), Vitamin E: 0.83mg (5.53%), Vitamin B6: 0.09mg (4.46%), Calcium: 41.13mg (4.11%), Vitamin B1: 0.06mg (4.05%), Iron: 0.71mg (3.95%), Zinc: 0.55mg (3.65%), Potassium: 113.35mg (3.24%), Copper: 0.04mg (2.02%), Magnesium: 7.36mg (1.84%), Vitamin K: 1.38µg (1.32%), Manganese: 0.02mg (1.21%)