

Lime Tartlets

READY IN



45 min.

SERVINGS



15

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large egg yolk
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 teaspoon lime rind grated
- ☐ 2.1 ounce phyllo dough shells frozen mini thawed
- ☐ 0.5 cup condensed milk fat-free sweetened
- ☐ 5 tablespoons non-dairy whipped topping frozen thawed reduced-calorie

Equipment

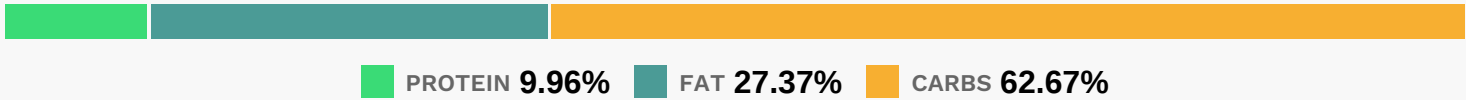
- ☐ sauce pan

- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Bake phyllo shells at 350 for 5 minutes; set aside.
- ☐ Heat lime juice in a small saucepan until hot.
- ☐ Beat egg yolk with a mixer at medium speed 2 minutes. Gradually add lime juice, beating at low speed until blended. Return egg mixture to saucepan; cook over low heat, stirring constantly, 5 to 6 minutes or until thick and pale yellow. Stir in milk and lime rind.
- ☐ Spoon filling evenly into phyllo shells. Cover and chill 1 hour.
- ☐ Top each tartlet with 1 teaspoon whipped topping.
- ☐ Garnish with lime zest and mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:1.4304347783327%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 52.64kcal (2.63%), Fat: 1.63g (2.5%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 8.28g (3.01%), Sugar: 5.99g (6.65%), Cholesterol: 15.74mg (5.25%), Sodium: 33.83mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Selenium: 3.11µg (4.44%), Vitamin B2: 0.06mg (3.76%), Phosphorus: 34.88mg (3.49%), Calcium: 32.51mg (3.25%), Vitamin B1: 0.03mg (2.26%), Vitamin C: 1.48mg (1.8%), Folate: 6.72µg (1.68%), Potassium: 48.28mg (1.38%), Vitamin B5: 0.13mg (1.27%), Vitamin B12: 0.07µg (1.17%), Manganese: 0.02mg (1.04%), Iron: 0.18mg (1.02%)