



Lime Tarts with Coconut Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

DESSERT

Ingredients

- 6 servings butter
- 0.3 cup coconut milk canned (stir before measuring)
- 6 servings pineapple curd
- 2 tablespoons powdered sugar
- 0.3 cup coconut dried shredded sweetened flaked
- 0.7 cup whipping cream

Equipment

- bowl

frying pan

blender

Directions

In an 8- to 10-inch frying pan over medium-high heat, stir coconut until lightly browned, 1 to 2 minutes; pour into a small bowl. Cover and let stand at room temperature up to 2 hours.

In another bowl, combine whipping cream, coconut milk, and powdered sugar. Beat with a mixer on high speed until coconut cream holds soft mounds. Cover and chill up to 2 hours. Whip to blend before using.

Remove pan rims from crusts, and set each crust on a dessert plate. Fill crusts equally with lime curd. Top each tart with equal portions of coconut cream and sprinkle with coconut.

Nutrition Facts

 **PROTEIN 2.6%**  **FAT 83.62%**  **CARBS 13.78%**

Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.6665217358133%

Nutrients (% of daily need)

Calories: 194.87kcal (9.74%), Fat: 18.72g (28.8%), Saturated Fat: 13.11g (81.91%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.42g (2.33%), Sugar: 6.39g (7.1%), Cholesterol: 42.64mg (14.21%), Sodium: 55.45mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.25mg (12.31%), Vitamin A: 513.82IU (10.28%), Selenium: 2.52µg (3.6%), Phosphorus: 35.22mg (3.52%), Vitamin B2: 0.05mg (3.11%), Vitamin D: 0.42µg (2.82%), Copper: 0.05mg (2.71%), Vitamin E: 0.4mg (2.66%), Magnesium: 9.38mg (2.35%), Potassium: 78.29mg (2.24%), Calcium: 21.56mg (2.16%), Fiber: 0.52g (2.07%), Iron: 0.34mg (1.91%), Zinc: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.22µg (1.17%)