



Lime Velvet Tart

READY IN



25 min.

SERVINGS



8

CALORIES



575 kcal

DESSERT

Ingredients

- 8 oz cream cheese softened
- 8 oz chocolate bars white chopped
- 8 lemon candies
- 8 servings pineapple curd
- 15 oz piecrusts refrigerated
- 8 servings caramelized sugar spirals

Equipment

- bowl

- frying pan
- baking sheet
- oven
- wire rack
- hand mixer
- microwave
- spatula
- rolling pin
- tart form

Directions

- Fit piecrust into a lightly greased 9 1/2-inch tart pan; press into fluted edges. Fold any excess dough over outside of pan, and pinch to secure to pan. (This will keep piecrust from sliding down pan as it bakes.) Generously prick bottom and sides of piecrust with a fork, and freeze 20 minutes.
- Preheat oven to 42
- Place piecrust on a baking sheet, and bake 15 minutes or until light golden brown. Cool on a wire rack 20 minutes or until completely cool. Gently tap excess crust from sides of pan, using a rolling pin.
- Microwave white chocolate in a small microwave-safe bowl at HIGH 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- Beat softened cream cheese at medium speed with an electric mixer until light and fluffy.
- Add melted chocolate, and beat until blended, stopping to scrape down sides.
- Add Lime Curd, and beat until blended.
- Spoon into prepared crust. Smooth filling with a spatula. Chill 4 hours.
- Arrange lemon candies evenly on top of tart. Prop Caramelized Sugar Spirals against lemon candies.
- Note: For testing purposes only, we used Lemon Drops candies.

Nutrition Facts



■ PROTEIN 5.31% ■ FAT 50.08% ■ CARBS 44.61%

Properties

Glycemic Index:24.07, Glycemic Load:22.3, Inflammation Score:-6, Nutrition Score:11.510434793389%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 575.48kcal (28.77%), Fat: 33.24g (51.14%), Saturated Fat: 15.67g (97.95%), Carbohydrates: 66.61g (22.2%), Net Carbohydrates: 62.2g (22.62%), Sugar: 32.87g (36.52%), Cholesterol: 36.6mg (12.2%), Sodium: 335.22mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.87%), Vitamin C: 57.52mg (69.72%), Fiber: 4.41g (17.64%), Vitamin B2: 0.26mg (15.26%), Vitamin B1: 0.21mg (14.25%), Manganese: 0.27mg (13.66%), Phosphorus: 135.78mg (13.58%), Folate: 53.62µg (13.41%), Calcium: 122.21mg (12.22%), Iron: 2.14mg (11.86%), Selenium: 7.25µg (10.35%), Potassium: 319.34mg (9.12%), Vitamin B3: 1.78mg (8.9%), Vitamin A: 413.66IU (8.27%), Vitamin B5: 0.75mg (7.54%), Vitamin B6: 0.14mg (7.24%), Vitamin K: 7.06µg (6.72%), Vitamin E: 0.92mg (6.15%), Magnesium: 22.57mg (5.64%), Copper: 0.1mg (5.14%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.22µg (3.69%)