



No-Bake Lemon Cream Tart

READY IN



45 min.

SERVINGS



8

CALORIES



459 kcal

DESSERT

Ingredients

- 2 large eggs
- 1 teaspoon gelatin powder unflavored
- 0.3 cup brown sugar packed ()
- 7 graham crackers whole crushed finely
- 0.5 cup juice of lemon fresh
- 2 teaspoons lemon zest grated
- 1 cup sugar
- 10 tablespoons butter unsalted ()
- 1.3 cups whipping cream chilled

- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- tart form

Directions

- Melt 6 tablespoons butter in medium skillet over medium-high heat.
- Whisk in brown sugar.
- Whisk until mixture bubbles thickly, about 2 minutes.
- Mix in cracker crumbs; stir 1 minute. Using back of fork, press warm crumb mixture over bottom and up sides of 9-inch-diameter tart pan with removable bottom. Cool crust completely.
- Pour milk into small custard cup.
- Sprinkle gelatin over.
- Let stand until gelatin softens, about 15 minutes.
- Whisk 1 cup sugar, lemon juice, and lemon peel in heavy medium saucepan to blend well.
- Whisk in eggs, then remaining 4 tablespoons butter.
- Whisk over medium heat until custard thickens and just begins to boil, about 5 minutes; remove from heat.
- Add gelatin mixture; whisk until gelatin dissolves.
- Let stand until beginning to set, about 10 minutes.
- Pour warm filling into crust. Chill until filling is firm, at least 3 hours and up to 1 day.
- Beat cream and remaining 1 tablespoon sugar in medium bowl until peaks form. Pipe or spoon cream over tart.
- Serve immediately or chill up to 4 hours.

Nutrition Facts

PROTEIN 3.94% FAT 58.65% CARBS 37.41%

Properties

Glycemic Index:22.76, Glycemic Load:24.32, Inflammation Score:-6, Nutrition Score:5.4786956206612%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 458.52kcal (22.93%), Fat: 30.64g (47.14%), Saturated Fat: 18.42g (115.09%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 43.46g (15.81%), Sugar: 36.72g (40.8%), Cholesterol: 127.98mg (42.66%), Sodium: 119.58mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Vitamin A: 1077.35IU (21.55%), Vitamin B2: 0.19mg (11.3%), Phosphorus: 92.42mg (9.24%), Vitamin D: 1.28µg (8.5%), Selenium: 5.87µg (8.38%), Vitamin C: 6.77mg (8.21%), Calcium: 72mg (7.2%), Vitamin E: 0.91mg (6.07%), Iron: 0.85mg (4.71%), Vitamin B12: 0.28µg (4.71%), Folate: 16.86µg (4.21%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.58mg (3.87%), Magnesium: 15.23mg (3.81%), Potassium: 127.57mg (3.64%), Vitamin B1: 0.05mg (3.59%), Vitamin B6: 0.07mg (3.35%), Vitamin B3: 0.54mg (2.72%), Vitamin K: 2.5µg (2.38%), Fiber: 0.52g (2.06%), Copper: 0.04mg (1.92%)