

Paleo Lemon Tarts

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



231 kcal

DESSERT

Ingredients

- 1 cup almond flour
- 4 dates pitted
- 2 eggs
- 1 tablespoon honey to taste
- 6 tablespoons juice of lemon
- 1 lemon zest

Equipment

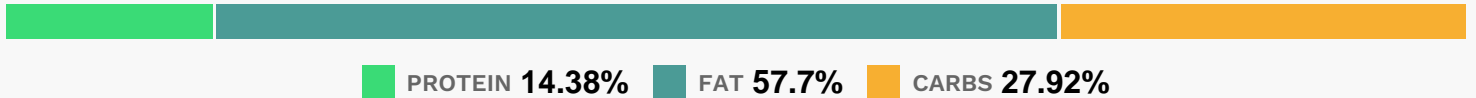
- food processor

- bowl
- sauce pan
- oven
- whisk
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 4 muffin cups with paper liners.
- Blend together almond meal, 3 tablespoons lemon juice, and dates in a food processor. Press mixture firmly into bottoms and up sides of prepared muffin cups to make crusts.
- Bake in the preheated oven until crusts are lightly golden brown, 10 to 12 minutes.
- Heat 6 tablespoons lemon juice, lemon zest, and honey in a saucepan over low heat; simmer for 2 minutes. Beat eggs in a bowl. While mixture is simmering, slowly add eggs, whisking vigorously.
- Remove from heat and allow to cool for 5 minutes.
- Pour filling into shells, and place in refrigerator to cool.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:4.69, Inflammation Score:-1, Nutrition Score:4.3747826678597%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 231.01kcal (11.55%), Fat: 16.04g (24.67%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 13.7g (4.98%), Sugar: 10.44g (11.6%), Cholesterol: 81.84mg (27.28%), Sodium: 31.91mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (17.99%), Fiber: 3.77g (15.06%), Vitamin C: 10.7mg (12.97%), Selenium: 7.04µg (10.06%), Iron: 1.57mg (8.7%), Calcium: 77.53mg (7.75%), Vitamin B2: 0.11mg (6.57%), Phosphorus:

50.09mg (5.01%), Vitamin B5: 0.42mg (4.16%), Folate: 16.47µg (4.12%), Vitamin B12: 0.2µg (3.26%), Vitamin B6: 0.06mg (3.16%), Potassium: 104.58mg (2.99%), Vitamin D: 0.44µg (2.93%), Vitamin A: 121.6IU (2.43%), Zinc: 0.33mg (2.2%), Copper: 0.04mg (1.86%), Magnesium: 7.33mg (1.83%), Vitamin E: 0.27mg (1.81%), Manganese: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.25%)