



WHATSheATE



Seriously Lemon Tart



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 3 large egg whites lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup lemon sections seeds removed (4 large lemons)
- ☐ 12 slices optional: lemon very thin
- ☐ 2 teaspoons lemon rind grated
- ☐ 14.1 ounce pie dough refrigerated (such as Pillsbury)

☐ 0.5 teaspoon salt

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ wire rack

☐ aluminum foil

☐ broiler

☐ tart form

Directions

☐ Preheat oven to 45

☐ Coat the bottom of a 9-inch round removable-bottom tart pan with cooking spray. Press dough into bottom and up sides of pan. Line bottom of dough with a piece of aluminum foil; arrange pie weights or dried beans on foil.

☐ Bake at 450 for 5 minutes.

☐ Remove the pie weights and foil.

☐ Bake an additional 5 minutes. Cool on a wire rack.

☐ Reduce oven temperature to 35

☐ Combine granulated sugar, lemon rind, lemon sections, and salt in a medium nonaluminum saucepan, and cook 4 minutes over medium heat or until sugar dissolves.

☐ Combine the egg whites and eggs in a large bowl, stirring well with a whisk. Gradually add hot lemon mixture to egg white mixture, stirring constantly with a whisk, and pour into prepared piecrust. Arrange lemon slices on custard; bake at 350 for 10 minutes.

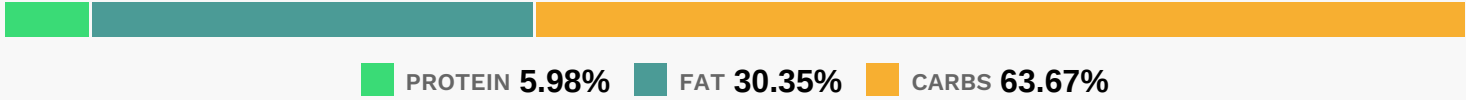
☐ Sprinkle with brown sugar.

☐ Bake an additional 10 minutes.

☐ Remove from oven.

- ☐
- Preheat broiler.
- ☐
- Broil about 1 minute or until lightly browned. Cool on wire rack 1 hour. Chill 4 hours or until set.

Nutrition Facts



Properties

Glycemic Index:15.14, Glycemic Load:26.79, Inflammation Score:-3, Nutrition Score:6.7382608755775%

Flavonoids

Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg, Eriodictyol: 7.9mg Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 419.39kcal (20.97%), Fat: 14.47g (22.26%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 68.3g (22.77%), Net Carbohydrates: 65.96g (23.98%), Sugar: 41.42g (46.02%), Cholesterol: 46.5mg (15.5%), Sodium: 389.98mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin C: 20.25mg (24.55%), Selenium: 9.57µg (13.68%), Vitamin B2: 0.21mg (12.43%), Manganese: 0.24mg (12.03%), Folate: 45.51µg (11.38%), Vitamin B1: 0.16mg (10.53%), Iron: 1.8mg (9.97%), Fiber: 2.34g (9.35%), Vitamin B3: 1.41mg (7.07%), Phosphorus: 68.68mg (6.87%), Vitamin B5: 0.49mg (4.93%), Potassium: 142.52mg (4.07%), Vitamin B6: 0.08mg (3.93%), Vitamin K: 3.68µg (3.51%), Magnesium: 13.66mg (3.42%), Copper: 0.07mg (3.38%), Calcium: 30.6mg (3.06%), Zinc: 0.42mg (2.79%), Vitamin E: 0.42mg (2.79%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.25µg (1.67%), Vitamin A: 76.39IU (1.53%)