



Skinny Blueberry-Lemon Tart

READY IN



130 min.

SERVINGS



10

CALORIES



181 kcal

DESSERT

Ingredients

- 2 cups blueberries fresh
- 3 tablespoons brown sugar packed
- 0.3 cup butter softened
- 2 tablespoons eggs fat-free
- 1 cup flour all-purpose
- 0.5 cup lemon curd (from 10-oz jar)
- 0.5 cup cream fat-free sour

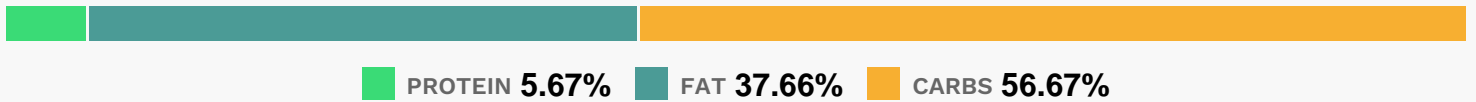
Equipment

- bowl
- oven
- whisk
- hand mixer
- tart form

Directions

- Heat oven to 400F. In medium bowl, beat butter and brown sugar with electric mixer on low speed until fluffy. Beat in egg product until blended. Beat in flour until dough forms. Press dough firmly in bottom and up side of ungreased 9-inch tart pan with removable bottom. Prick bottom thoroughly with fork.
- Bake 10 to 12 minutes or until light golden brown. If crust puffs in center, prick with fork. Cool 30 minutes or until completely cooled.
- In small bowl, beat lemon curd and sour cream with wire whisk until smooth.
- Spread evenly over crust. Refrigerate at least 1 hour. Just before serving, top with blueberries.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:8.34, Inflammation Score:-3, Nutrition Score:3.7473913223847%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 180.9kcal (9.04%), Fat: 7.68g (11.81%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 24.93g (9.06%), Sugar: 13.31g (14.79%), Cholesterol: 28.3mg (9.43%), Sodium: 104.52mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Manganese: 0.19mg (9.39%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.12mg (7.68%), Folate: 27.57µg (6.89%), Vitamin B2: 0.11mg (6.31%), Vitamin K: 6.29µg (5.99%), Vitamin A: 250.37IU (5.01%), Vitamin B3: 0.88mg (4.4%), Fiber: 1.07g (4.28%), Iron: 0.74mg (4.12%), Phosphorus: 35.79mg (3.58%), Vitamin C: 2.87mg (3.48%), Vitamin E: 0.38mg (2.55%), Calcium: 24.49mg (2.45%), Copper: 0.04mg (2.03%), Potassium: 61.69mg (1.76%), Magnesium: 6.51mg (1.63%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.15mg (1.5%), Vitamin B6: 0.03mg (1.5%), Vitamin B12: 0.07µg (1.23%)