



Sweet and Simple Lemon Tart

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons confectioners' sugar
- ☐ 2 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons juice of lemon fresh to taste
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white

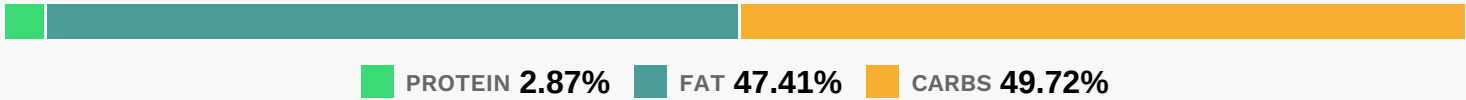
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8-inch baking pan.
- ☐ Combine butter with 1/4 cup confectioners' sugar in a bowl until smooth; stir in 1 cup flour. Press dough into prepared baking pan; pierce crust with fork in several places to prevent crust from puffing up during baking.
- ☐ Bake crust in the preheated oven until slightly golden brown, 10 to 15 minutes.
- ☐ Let cool.
- ☐ Whisk white sugar and eggs in a bowl; stir 3 tablespoons flour into mixture and add lemon juice, lemon peel, and salt.
- ☐ Whisk until thoroughly combined.
- ☐ Pour mixture into baked tart crust.
- ☐ Bake until filling is set, 20 to 25 minutes.
- ☐ Let cool and dust with 3 tablespoons confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:18.49, Inflammation Score:-2, Nutrition Score:2.0713043484999%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 233.67kcal (11.68%), Fat: 12.67g (19.49%), Saturated Fat: 7.64g (47.76%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 29.76g (10.82%), Sugar: 28.1g (31.22%), Cholesterol: 71.42mg (23.81%), Sodium: 179.95mg (7.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin A: 414.53IU (8.29%), Selenium: 4.33µg (6.19%), Vitamin B2: 0.07mg (4.17%), Vitamin C: 2.82mg (3.42%), Vitamin E: 0.46mg (3.04%), Phosphorus: 27.72mg (2.77%), Folate: 10.22µg (2.55%), Vitamin B12: 0.12µg (2.03%), Vitamin B5: 0.2mg (2.01%), Iron: 0.31mg (1.7%), Vitamin D: 0.22µg (1.47%), Vitamin B1: 0.02mg (1.43%), Zinc: 0.17mg (1.17%), Vitamin B6: 0.02mg (1.17%), Calcium: 11.18mg (1.12%)