



Sweet Tea Icebox Tart

READY IN



352 min.

SERVINGS



12

CALORIES



300 kcal

DESSERT

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 tablespoons peach-flavored iced tea unsweetened instant
- ☐ 1 slices mint leaves fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon lime zest
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon orange zest
- ☐ 12 servings pie crust dough

- ☐ 3 tablespoons sugar
- ☐ 14 oz condensed milk sweetened canned

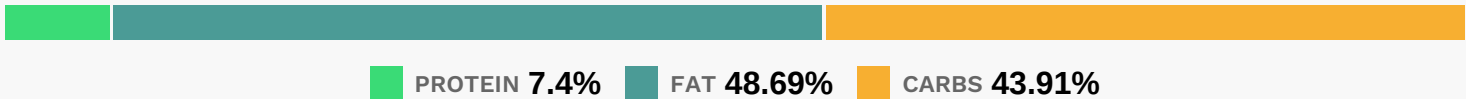
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ Stir together iced tea mix and 2 Tbsp. water in a large bowl.
- ☐ Whisk in sweetened condensed milk and next 5 ingredients until blended.
- ☐ Place Gingersnap Crust on a baking sheet; pour in milk mixture.
- ☐ Bake at 350 for 20 to 25 minutes or just until filling is set. Cool completely on a wire rack (about 1 hour). Cover and chill 4 to 24 hours.
- ☐ Remove tart from pan, and place on a serving dish.
- ☐ Beat cream and sugar at medium speed with an electric mixer until stiff peaks form. Pipe or dollop on top of tart; garnish, if desired.
- ☐ *2 (4-oz.) packages ready-made mini graham cracker piecrusts may be substituted.
- ☐ Note: You may also bake this tart in a 14- x 4-inch tart pan with removable bottom; increase bake time to 25 to 28 minutes or until filling is set.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:13.44, Inflammation Score:-4, Nutrition Score:5.8469565070194%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 299.54kcal (14.98%), Fat: 16.41g (25.24%), Saturated Fat: 8.38g (52.35%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 32.71g (11.89%), Sugar: 22.55g (25.05%), Cholesterol: 64.66mg (21.55%), Sodium: 146.39mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin B2: 0.25mg (14.87%), Selenium: 9.29µg (13.27%), Phosphorus: 128.68mg (12.87%), Calcium: 117.26mg (11.73%), Vitamin A: 443.09IU (8.86%), Vitamin C: 6.55mg (7.95%), Vitamin B1: 0.1mg (6.87%), Folate: 26.43µg (6.61%), Potassium: 193.72mg (5.53%), Vitamin B5: 0.53mg (5.33%), Manganese: 0.11mg (5.26%), Iron: 0.81mg (4.48%), Vitamin B12: 0.25µg (4.19%), Magnesium: 15.35mg (3.84%), Zinc: 0.57mg (3.8%), Vitamin D: 0.55µg (3.67%), Vitamin B3: 0.7mg (3.48%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.7%), Fiber: 0.58g (2.31%), Vitamin K: 2.42µg (2.3%), Copper: 0.03mg (1.68%)