



Tart Lemon Triangles

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



149 kcal

DESSERT

Ingredients

- 0.4 cup butter
- 0.3 cup confectioners' sugar
- 3 eggs
- 3 tablespoons flour all-purpose
- 0.3 cup juice of lemon
- 1 tablespoon lemon zest grated
- 1 cup sugar white

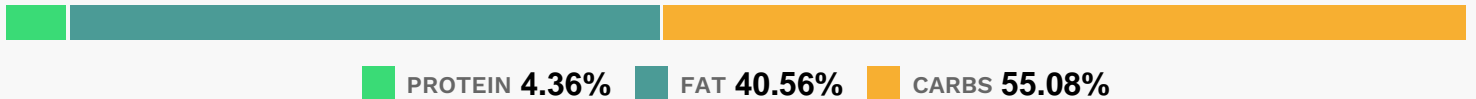
Equipment

- food processor
- oven
- blender
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Process butter, 1/4 cup confectioners' sugar and 1 cup flour in food processor 10 seconds, or blend with pastry blender. Pat dough evenly into 9 inch round pie plate.
- Bake 12 to 15 minutes, until golden.
- Combine eggs, white sugar, lemon zest, lemon juice and 3 tablespoons flour and mix until smooth; pour mixture over hot crust.
- Bake 15 to 20 minutes more, until firm.
- Let cool completely in baking dish.
- Sprinkle with confectioners' sugar and cut into 12 triangles.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:12.67, Inflammation Score:-1, Nutrition Score:1.7721739139246%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 148.66kcal (7.43%), Fat: 6.88g (10.59%), Saturated Fat: 4g (24.97%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20.92g (7.61%), Sugar: 19.28g (21.42%), Cholesterol: 56.17mg (18.72%), Sodium: 61.57mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Selenium: 4.21µg (6.01%), Vitamin A: 237.23IU (4.74%), Vitamin B2: 0.07mg (3.93%), Vitamin C: 2.61mg (3.17%), Phosphorus: 25.97mg (2.6%), Folate: 9.9µg (2.47%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.11µg (1.83%), Iron: 0.3mg (1.66%), Vitamin D: 0.22µg (1.47%), Vitamin B1: 0.02mg (1.4%), Vitamin B6: 0.02mg (1.15%), Zinc: 0.17mg (1.11%)