

Tequila Lime Tart

READY IN



45 min.

SERVINGS



8

CALORIES



538 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 egg whites
- ☐ 4 egg yolks
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup pinenuts
- ☐ 1 tablespoon sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.3 cup tequila
- ☐ 10 ounces vanilla wafers

☐ 8 servings whipped cream fresh for serving

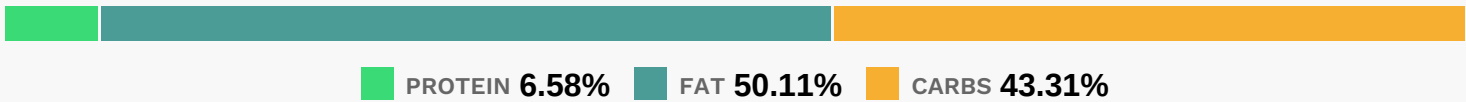
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ tart form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F
- ☐ Add wafers and pine nuts to food processor, pulse until well ground up.
- ☐ Pour into bowl and add melted butter.
- ☐ Mix by hand, with a wooden spoon, and press into 10-inch tart pan. (reserve 4 tablespoons of crumbs to sprinkle on top when done baking.)
- ☐ Place tart pan in the oven and bake for 8 minutes.
- ☐ In a mixing bowl add egg whites and sugar, beat until there are soft peaks.
- ☐ In another mixing bowl, add remaining ingredients and mix thoroughly. Fold in the egg whites.
- ☐ Pour into tart shell and bake for 25 minutes.
- ☐ Remove from oven and sprinkle with reserved crumbs.
- ☐ Let cool before cutting and serve with fresh whipped cream.

Nutrition Facts



Properties

Glycemic Index:41.01, Glycemic Load:37.49, Inflammation Score:-5, Nutrition Score:10.159999998217%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 537.73kcal (26.89%), Fat: 29.58g (45.51%), Saturated Fat: 14g (87.51%), Carbohydrates: 57.53g (19.18%), Net Carbohydrates: 56.77g (20.64%), Sugar: 40.73g (45.26%), Cholesterol: 149.49mg (49.83%), Sodium: 314.44mg (13.67%), Alcohol: 2.51g (100%), Alcohol %: 2.1% (100%), Protein: 8.74g (17.47%), Manganese: 0.51mg (25.4%), Vitamin B2: 0.39mg (23.1%), Phosphorus: 220.13mg (22.01%), Selenium: 14.17µg (20.25%), Calcium: 165.53mg (16.55%), Vitamin B1: 0.24mg (15.82%), Folate: 54.11µg (13.53%), Vitamin A: 667.08IU (13.34%), Potassium: 299.54mg (8.56%), Vitamin E: 1.24mg (8.25%), Magnesium: 30.45mg (7.61%), Vitamin B12: 0.44µg (7.37%), Zinc: 1.09mg (7.26%), Vitamin B5: 0.73mg (7.26%), Vitamin C: 5.87mg (7.12%), Vitamin B3: 1.32mg (6.58%), Copper: 0.1mg (4.84%), Vitamin K: 4.59µg (4.37%), Vitamin D: 0.61µg (4.06%), Iron: 0.68mg (3.78%), Vitamin B6: 0.07mg (3.56%), Fiber: 0.76g (3.06%)