



Lively Lemon Tart

Diet types: CKD Non - Dialysis , Dialysis , Diabetes

Nutrients per serving: Calories 377g, Protein 5g, Carbohydrates 33g, Fat 25g, Cholesterol 125mg, Sodium 177mg, Potassium 93mg, Phosphorus 74mg, Calcium 42mg, Fiber 0.5g

Renal and Renal Diabetic Food choices: 1 starch, 5 fat, 1 high calorie

PREPARATION

1. Preheat oven to 425° F.
2. Stir together flour, 3 tablespoons powdered sugar and salt. Add butter using a pastry blender or fork, until mixture appears crumbly.
3. Press mixture into bottom and sides of an 8" tart pan (or other 8" pan with removable bottom such as a spring form pan). Prick bottom of crust with a fork; cover and place in the freezer for 15 minutes.
4. Place tart pan on a larger pan and bake for 12 to 13 minutes. Remove from oven to let cool.
5. Reduce oven temperature to 350° F.
6. Beat cream cheese in mixing bowl until smooth. Add granulated sugar and continue to beat until smooth. Add eggs, one at a time and beat well. Add lemon juice and zest, and beat again until smooth.
7. Pour filling into prepared crust and bake 25 to 30 minutes.
8. Remove from oven and cool. Cover tart and refrigerate 1 hour until chilled.
9. Beat whipping cream and remaining 1 tablespoon powdered sugar together until soft peaks form. Spoon dollops of topping around edge of tart and serve.

Portions: 8

Serving size: 1/8 tart

Carbohydrate Choices: 2

INGREDIENTS

1 cup	All-purpose white flour
4 tsp	Powdered sugar (divided use)
1/8 tsp	Salt
1/2 cup	Cold, unsalted butter
5 ounces	Cream cheese, room temperature
1/2 cup	Granulated sugar
2 eggs	
1/2 cup	Fresh lemon juice
1 tsp	Grated lemon zest
1/2 cup	Whipping cream

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Consult your dietitian or physician for the specific diet that is right for you. Kidney diet guidelines vary for each individual.