



Basic Tart Shell

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 tablespoons butter cold cut into pieces
- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons heavy cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons sugar

Equipment

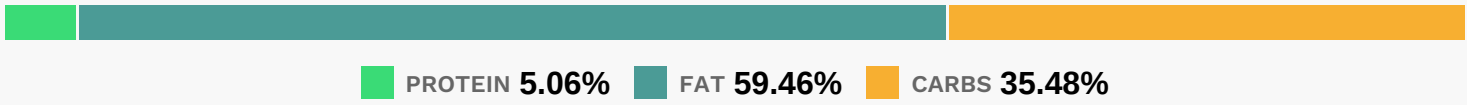
- ☐ food processor

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ tart form

Directions

- ☐ Pulse first 3 ingredients in a food processor until blended.
- ☐ Add butter, and pulse until mixture resembles coarse meal.
- ☐ Combine egg yolk and cream in a small bowl.
- ☐ Add mixture to food processor, and process until dough starts to come together.
- ☐ Remove dough from processor, knead several times, and pat into a flattened disc. Wrap in plastic, and chill until ready to use. (Dough may be frozen up to 1 month and thawed overnight in refrigerator.)
- ☐ Roll out chilled dough to 1/8- to 1/4-inch thickness, and fit into a 10-inch tart pan. Chill 20 minutes.
- ☐ Preheat oven to 37
- ☐ Line chilled tart shell with parchment paper, and weight with rice, dry beans, or pie weights.
- ☐ Bake 20 to 25 minutes or until crust just begins to turn golden brown.
- ☐ Remove parchment and weights, and bake 7 minutes more or until bottom of shell turns light golden brown. If pastry bubbles up, prick gently with a fork.
- ☐ Remove from oven, and let cool completely.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:10.31, Inflammation Score:-3, Nutrition Score:3.005652161558%

Nutrients (% of daily need)

Calories: 162.09kcal (8.1%), Fat: 10.78g (16.58%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 14.04g (5.11%), Sugar: 2.54g (2.82%), Cholesterol: 45.83mg (15.28%), Sodium: 132.12mg (5.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Selenium: 6.47µg (9.24%), Vitamin B1: 0.13mg (8.45%), Folate: 31.53µg (7.88%), Vitamin A: 348.5IU (6.97%), Vitamin B2: 0.1mg (5.65%), Manganese: 0.11mg (5.39%), Vitamin B3: 0.93mg (4.65%), Iron: 0.78mg (4.32%), Phosphorus: 27.93mg (2.79%), Vitamin E: 0.34mg (2.27%), Fiber: 0.42g (1.69%), Vitamin B5: 0.14mg (1.39%), Copper: 0.02mg (1.22%), Zinc: 0.17mg (1.11%)