



Blood Orange Tart with Orange Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 0.3 cup blood orange juice fresh
- ☐ 8 blood oranges
- ☐ 12 servings orange caramel sauce
- ☐ 1 large egg yolk
- ☐ 2 large egg yolks
- ☐ 6 large eggs
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 tablespoon blood orange peel grated
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted chilled cut into 8 pieces (1 stick)
- ☐ 2 tablespoons whipping cream

Equipment

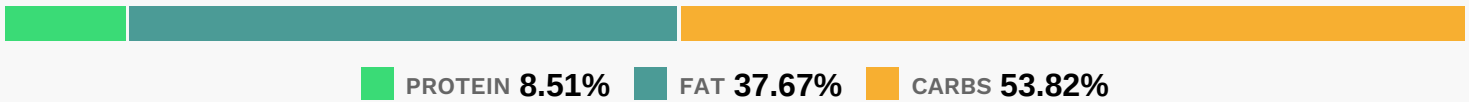
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ tart form

Directions

- ☐ Whisk sugar, orange juice, lemon juice, eggs, egg yolks, and orange peel in medium metal bowl to blend.
- ☐ Add butter; set bowl over saucepan of simmering water and whisk constantly until curd thickens and instant-read thermometer inserted into curd registers 175°F, about 12 minutes (do not boil).
- ☐ Remove bowl from over water. Press plastic wrap directly onto surface of curd; chill at least 1 day and up to 3 days.
- ☐ Blend flour, sugar, and salt in processor.
- ☐ Add butter and cut in, using on/off turns, until mixture resembles coarse meal.
- ☐ Add cream and egg yolk and process until dough clumps together. Gather dough into ball; flatten into disk.

- ☐ Roll out dough on floured surface to 13-inch round.
- ☐ Transfer to 10-inch-diameter tart pan with removable bottom. Fold dough overhang in and press onto pan sides, forming double-thick sides. Pierce crust all over with fork; freeze 30 minutes.
- ☐ Preheat oven to 375°F.
- ☐ Bake crust until cooked through, about 30 minutes. Cool crust completely in pan on rack.
- ☐ Spread curd evenly in cooled crust. (Can be made 1 day ahead. Cover; chill.)
- ☐ Cut peel and white pith from oranges. Using small sharp knife, cut between membranes to release orange segments.
- ☐ Transfer segments to paper towels and pat dry. Arrange orange segments in concentric circles atop orange curd. Chill tart up to 1 hour.
- ☐ Remove pan sides.
- ☐ Cut tart into wedges.
- ☐ Drizzle lightly with Orange Caramel Sauce and serve.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:10.78, Inflammation Score:-4, Nutrition Score:7.1700000089148%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 285.97kcal (14.3%), Fat: 12.28g (18.89%), Saturated Fat: 6.65g (41.57%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 38.78g (14.1%), Sugar: 26.71g (29.68%), Cholesterol: 162.06mg (54.02%), Sodium: 224.57mg (9.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Selenium: 16.12µg (23.02%), Vitamin C: 11.55mg (14%), Folate: 54.12µg (13.53%), Vitamin B2: 0.23mg (13.48%), Vitamin A: 541.86IU (10.84%), Phosphorus: 105.37mg (10.54%), Vitamin B1: 0.16mg (10.5%), Iron: 1.31mg (7.3%), Vitamin B5: 0.71mg (7.05%), Manganese: 0.14mg (7.04%), Vitamin B12: 0.4µg (6.62%), Vitamin D: 0.91µg (6.08%), Calcium: 50.52mg (5.05%), Vitamin B3: 1.01mg

(5.05%), Vitamin E: 0.67mg (4.5%), Vitamin B6: 0.08mg (3.86%), Zinc: 0.56mg (3.72%), Potassium: 125.62mg (3.59%), Magnesium: 11.17mg (2.79%), Fiber: 0.69g (2.77%), Copper: 0.05mg (2.72%)