



Blueberry Tartlets with Lime Curd

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour
- ☐ 1.5 pint blueberries
- ☐ 1 large egg yolk
- ☐ 4 large egg yolk
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 teaspoons lime zest grated
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 3 tablespoons whipping cream chilled ()

Equipment

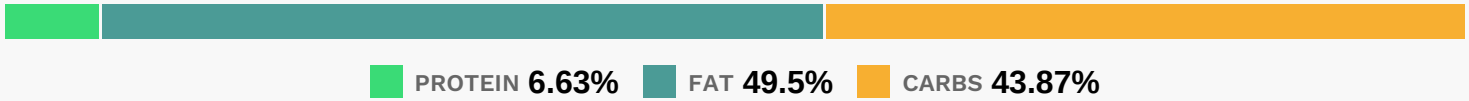
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Whisk sugar and lime juice in heavy medium saucepan to blend.
- ☐ Whisk in yolks, then butter. Cook over medium-low heat until thick, smooth, and just beginning to bubble, stirring constantly, about 8 minutes.
- ☐ Remove from heat.
- ☐ Mix in lime peel.
- ☐ Transfer to small bowl. Press plastic wrap onto surface of curd. Refrigerate until cold, at least 4 hours. (Can be made 4 days ahead. Keep refrigerated.)
- ☐ Blend flour, sugar, and salt in processor 5 seconds.
- ☐ Add butter and cut in, using on/off turns, until mixture resembles coarse meal.
- ☐ Add 2 tablespoons cream and egg yolk. Using on/off turns, blend until moist clumps form, adding more cream by teaspoonfuls if dough is dry. Shape dough into log.
- ☐ Cut crosswise into 8 equal rounds. Press each round over bottom and up sides of 3 3/4x3/4-inch tartlet pan with removable bottom. Pierce crusts with fork. Chill at least 1 hour and up to 1 day.
- ☐ Place 1/2 cup berries and sugar in heavy small saucepan. Using fork, mash berries coarsely. Cook mixture over medium heat until beginning to simmer, stirring often, about 5 minutes.

- Using rubber spatula, push as much of mixture as possible through strainer set over medium bowl.
- ☐ Mix remaining blueberries into strained berries. Set topping aside.
 - ☐ Preheat oven to 375°F.
 - ☐ Bake tartlet crusts until lightly golden, pressing any bubbles with back of fork, about 15 minutes. Cool crusts completely on rack.
 - ☐ Spread curd in crusts. Spoon blueberry topping over. (Can be prepared ahead.
 - ☐ Let stand at room temperature up to 2 hours or refrigerate up to 1 day.)

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:18.29, Inflammation Score:-6, Nutrition Score:9.5343479280886%

Flavonoids

Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg Petunidin: 27.97mg, Petunidin: 27.97mg, Petunidin: 27.97mg, Petunidin: 27.97mg Delphinidin: 31.43mg, Delphinidin: 31.43mg, Delphinidin: 31.43mg, Delphinidin: 31.43mg Malvidin: 59.97mg, Malvidin: 59.97mg, Malvidin: 59.97mg, Malvidin: 59.97mg Peonidin: 18mg, Peonidin: 18mg, Peonidin: 18mg, Peonidin: 18mg Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 299.35kcal (14.97%), Fat: 16.89g (25.98%), Saturated Fat: 9.66g (60.36%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 30.87g (11.23%), Sugar: 10.81g (12.01%), Cholesterol: 151.61mg (50.54%), Sodium: 82.43mg (3.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Manganese: 0.47mg (23.33%), Selenium: 14.32µg (20.45%), Vitamin K: 18.5µg (17.62%), Folate: 65.42µg (16.35%), Vitamin B1: 0.24mg (16%), Vitamin C: 11.77mg (14.27%), Vitamin B2: 0.23mg (13.27%), Vitamin A: 643.58IU (12.87%), Fiber: 2.81g (11.25%), Iron: 1.65mg (9.15%), Vitamin B3: 1.78mg (8.91%), Phosphorus: 85.54mg (8.55%), Vitamin E: 1.2mg (7.99%), Vitamin D: 0.88µg (5.84%), Vitamin B5: 0.57mg (5.74%), Vitamin B6: 0.1mg (5%), Copper: 0.1mg (4.93%), Vitamin B12: 0.24µg (4.01%),

Zinc: 0.59mg (3.9%), Potassium: 125.95mg (3.6%), Magnesium: 12.52mg (3.13%), Calcium: 31.26mg (3.13%)