

Citrus Tart

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



532 kcal

DESSERT

Ingredients

- ☐ 1 large eggs separated
- ☐ 4 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest fresh with a rasp) lemon zest finely grated
- ☐ 1 tablespoon milk
- ☐ 0.5 cup orange juice fresh

- ☐ 2 teaspoons orange zest (fresh with a rasp) orange zest finely grated
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 0.5 cup butter (unsalted cold cut into 1/2-inch cubes)

Equipment

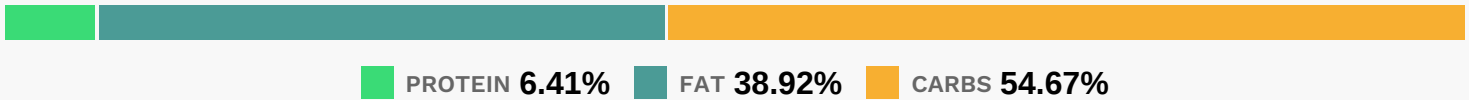
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Lightly beat yolk with milk in a small bowl (reserve white for egg wash).
- ☐ Pulse together flour, sugar, and salt in a food processor.
- ☐ Add butter and pulse until mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Add yolk mixture and pulse just until dough begins to gather into a ball. Press dough into a ball, then flatten into a 6-inch disk. Chill, wrapped in plastic wrap, at least 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Let dough soften slightly at room temperature before rolling out, about 20 minutes.
- ☐ Roll out dough between sheets of plastic wrap into a 12-inch round. Discard top sheet and invert dough into tart pan (discard remaining plastic wrap). Fit dough into pan, pushing edge of dough to 1/8 inch above rim. Trim dough and save scraps to repair any cracks in partially baked shell.

- ☐ Freeze shell until firm, about 10 minutes.
- ☐ Line shell with parchment paper or foil and fill with pie weights.
- ☐ Bake until edge is golden and bottom is set, about 20 minutes, then carefully remove pie weights and parchment (or foil; gently prick any bubbles with a fork to release air) and bake until bottom is pale golden, 10 to 15 minutes more. Quickly repair any cracks in shell with scraps, then immediately brush hot pastry all over with some egg white. Leave oven on.
- ☐ Whisk together all filling ingredients until combined well. Put tart shell (in tart pan) on a baking sheet and transfer to oven. Carefully pour filling into shell and put a pie shield or foil strips over rim of pastry to prevent burning.
- ☐ Bake tart until filling is barely set but trembles slightly in center when gently shaken, 20 to 25 minutes. Cool completely in pan on a rack, about 45 minutes. (Filling will continue to set as it cools.)
- ☐ · Dough can be chilled and fitted into tart pan (but not baked) 1 day ahead.· Filling can be made 1 day ahead and chilled, covered. Bring to room temperature before using.· Tart can be baked 3 hours ahead and cooled completely, then kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:50.42, Inflammation Score:-6, Nutrition Score:10.444782785747%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 5.41mg, Hesperetin: 5.41mg, Hesperetin: 5.41mg, Hesperetin: 5.41mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 532.38kcal (26.62%), Fat: 23.47g (36.11%), Saturated Fat: 13.4g (83.77%), Carbohydrates: 74.18g (24.73%), Net Carbohydrates: 73.25g (26.64%), Sugar: 52.81g (58.68%), Cholesterol: 207.18mg (69.06%), Sodium: 114.8mg (4.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Selenium: 22.51µg (32.15%), Vitamin C: 19.81mg (24.02%), Vitamin B2: 0.37mg (21.61%), Folate: 78.74µg (19.68%), Vitamin A: 893.16IU (17.86%), Vitamin B1: 0.25mg (16.67%), Phosphorus: 128.78mg (12.88%), Iron: 2.04mg (11.35%), Manganese: 0.2mg (9.88%), Vitamin B5: 0.88mg (8.79%), Vitamin D: 1.3µg (8.69%), Vitamin B3: 1.69mg (8.47%), Vitamin B12: 0.43µg (7.21%), Vitamin E: 1.03mg (6.84%), Vitamin B6: 0.11mg (5.38%), Zinc: 0.8mg (5.33%), Potassium: 168.58mg (4.82%), Calcium: 47.17mg

(4.72%), Copper: 0.09mg (4.43%), Magnesium: 15.82mg (3.95%), Fiber: 0.93g (3.72%), Vitamin K: 1.87μg (1.78%)