



Citrus Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



386 kcal

DESSERT

Ingredients

- ☐ 5 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 0.5 cup juice of lemon fresh (from 4 lemons)
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup navel oranges fresh (from 2 navel oranges)
- ☐ 2 teaspoons orange zest grated

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

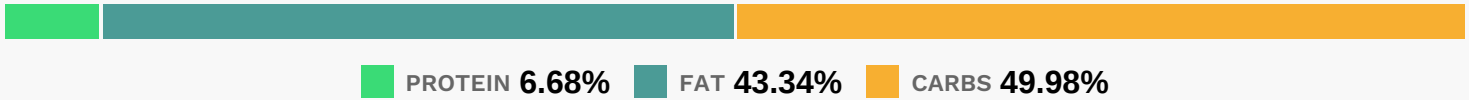
Directions

- ☐ Whisk flour, sugar and salt in a large bowl.
- ☐ Add butter and vanilla. Stir with a fork just until a soft dough forms.
- ☐ Transfer to a 9-inch tart pan. Press pastry onto bottom and up sides of pan. Chill for 30 minutes.
- ☐ Arrange rack in lower third of oven and preheat oven to 375F. Line tart shell with parchment, fill with pie weights.
- ☐ Bake until sides start to turn golden, about 20 minutes.
- ☐ Remove pan from oven; remove parchment and pie weights. Prick shell all over with a fork and bake until golden brown, 10 to 12 minutes.
- ☐ Brush with heavy cream to seal any cracks.
- ☐ Let cool.
- ☐ Make filling: In a large bowl, whisk together eggs, sugar, orange and lemon juices, cream, and orange and lemon zests.

- ☐
- Set pan on a large, foil-lined rimmed baking sheet. Carefully pour filling into shell and bake until set, 25 to 30 minutes (do not let filling turn brown).

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Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:32.6, Inflammation Score:-5, Nutrition Score:7.8134782936262%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 385.94kcal (19.3%), Fat: 18.93g (29.12%), Saturated Fat: 10.92g (68.25%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 48.24g (17.54%), Sugar: 33g (36.66%), Cholesterol: 159.67mg (53.22%), Sodium: 122.77mg (5.34%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 6.57g (13.14%), Selenium: 16.92µg (24.17%), Vitamin B2: 0.28mg (16.5%), Vitamin C: 13.07mg (15.84%), Folate: 58.06µg (14.52%), Vitamin A: 720.56IU (14.41%), Vitamin B1: 0.18mg (12.02%), Phosphorus: 96.9mg (9.69%), Iron: 1.52mg (8.42%), Manganese: 0.15mg (7.46%), Vitamin D: 1.02µg (6.82%), Vitamin B5: 0.66mg (6.6%), Vitamin B3: 1.25mg (6.27%), Vitamin E: 0.81mg (5.42%), Vitamin B12: 0.32µg (5.35%), Vitamin B6: 0.08mg (4.14%), Zinc: 0.6mg (4.01%), Calcium: 38.43mg (3.84%), Fiber: 0.88g (3.52%), Potassium: 113.7mg (3.25%), Copper: 0.06mg (3.18%), Magnesium: 11.37mg (2.84%), Vitamin K: 1.51µg (1.44%)