



Citrus Tarts

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

DESSERT

Ingredients

- 0.3 lb butter
- 1 large egg yolk
- 1.3 cups flour all-purpose
- 6 servings mint sprigs
- 2 regular navel oranges (1 lb. total)
- 2 navel oranges (10 oz. total)
- 1 recipe's worth citrus pastry cream
- 0.3 cup sugar

1 lb melogold white

Equipment

food processor

bowl

oven

tart form

Directions

- In a food processor or a bowl, combine flour and sugar.
- Add butter, cut into small pieces. Whirl or rub with your fingers until fine crumbs form.
- Add egg yolk; whirl or mix with a fork until dough holds together. Pat dough into a ball.
- Divide dough into 6 equal portions. Firmly press each portion over bottom and sides of a 4 1/2-inch tart pan with removable rim.
- Bake in a 300 oven until pale gold, about 25 minutes; let cool.
- Meanwhile, peel and segment Melogold, blood oranges, and navel orange.
- Spread pastry cream equally in baked crusts.
- Drain citrus segments; save juice for other uses. Arrange an equal portion of Melogold, blood orange, and navel orange segments decoratively on each filled pastry.
- Garnish with mint sprigs.
- Serve or cover and chill up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:34.45, Glycemic Load:22.88, Inflammation Score:-9, Nutrition Score:13.817825891725%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 20.78mg, Hesperetin: 20.78mg, Hesperetin: 20.78mg, Hesperetin: 20.78mg Naringenin: 31.3mg, Naringenin: 31.3mg, Naringenin: 31.3mg

Naringenin: 31.3mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 356.59kcal (17.83%), Fat: 16.53g (25.42%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 45.65g (16.6%), Sugar: 21.56g (23.95%), Cholesterol: 30.68mg (10.23%), Sodium: 181.61mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin C: 79.1mg (95.88%), Vitamin A: 1859.6IU (37.19%), Folate: 97.88µg (24.47%), Vitamin B1: 0.32mg (21.46%), Fiber: 4.09g (16.37%), Selenium: 11.14µg (15.91%), Vitamin B2: 0.23mg (13.81%), Manganese: 0.25mg (12.34%), Vitamin B3: 2.21mg (11.07%), Iron: 1.6mg (8.91%), Potassium: 303.94mg (8.68%), Phosphorus: 81.42mg (8.14%), Calcium: 73mg (7.3%), Vitamin B6: 0.14mg (6.95%), Vitamin B5: 0.67mg (6.68%), Magnesium: 24.72mg (6.18%), Vitamin E: 0.91mg (6.09%), Copper: 0.11mg (5.33%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.08µg (1.25%), Vitamin D: 0.16µg (1.03%)