



Coconut Cream Tart

READY IN



45 min.

SERVINGS



8

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 1 cup well-stirred cream of coconut such as coco lópez canned (not coconut milk)
- ☐ 0.5 teaspoon coconut extract
- ☐ 5 tablespoons cornstarch
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup heavy cream chilled
- ☐ 2 cups shortbread cookies such as lorna doone finely
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon sugar
- ☐ 3 oz coconut or sweetened flaked

- ☐ 0.3 cup butter unsalted melted
- ☐ 1 cup milk whole

Equipment

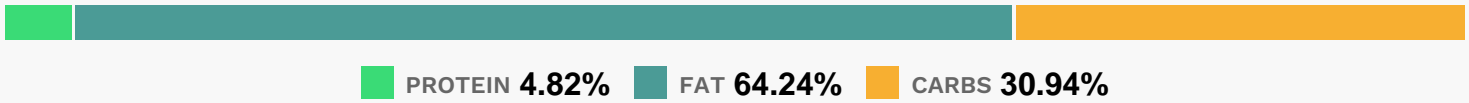
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ wax paper
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Pulse cookie crumbs, coconut, and butter in a food processor until coconut is finely ground, then press evenly onto bottom and up side of tart pan.
- ☐ Bake in middle of oven until golden, about 16 minutes, then cool completely in pan on a rack.
- ☐ Stir together milk and cornstarch until well blended.
- ☐ Bring heavy cream and cream of coconut to a boil in a heavy saucepan over moderate heat, whisking occasionally.
- ☐ Whisk cornstarch mixture, then add to cream in a stream, whisking. Boil custard, whisking constantly, 1 minute.
- ☐ Remove from heat and immediately whisk in eggs and coconut extract.
- ☐ Pour custard into cooled crust and smooth top. Cover custard with a round of wax paper (to prevent a skin from forming) and cool to room temperature, about 1 hour. Chill tart until set, at least 4 hours.
- ☐ Beat together cream, sour cream, and sugar with an electric mixer until it just holds stiff peaks.
- ☐ Remove wax paper from tart and spread cream evenly over tart.

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- Tart (without cream topping) can be chilled up to 8 hours (the crust will begin to soften if chilled longer).
 - Tart can be topped with whipped cream 2 hours ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:24.55, Inflammation Score:-6, Nutrition Score:11.710869726927%

Nutrients (% of daily need)

Calories: 675.77kcal (33.79%), Fat: 48.93g (75.28%), Saturated Fat: 28.99g (181.22%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 50.51g (18.37%), Sugar: 19.86g (22.06%), Cholesterol: 103.27mg (34.42%), Sodium: 281.15mg (12.22%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 8.27g (16.53%), Manganese: 0.76mg (37.79%), Vitamin B2: 0.36mg (21.02%), Phosphorus: 166.91mg (16.69%), Vitamin B1: 0.25mg (16.62%), Vitamin A: 827.15IU (16.54%), Iron: 2.89mg (16.03%), Selenium: 11.17µg (15.95%), Folate: 62.84µg (15.71%), Vitamin E: 2.06mg (13.7%), Vitamin B3: 2.35mg (11.76%), Copper: 0.22mg (10.79%), Fiber: 2.53g (10.11%), Calcium: 85.41mg (8.54%), Potassium: 290.49mg (8.3%), Vitamin K: 8.19µg (7.8%), Vitamin D: 1.17µg (7.79%), Magnesium: 30.39mg (7.6%), Zinc: 1.04mg (6.96%), Vitamin B5: 0.69mg (6.85%), Vitamin B12: 0.35µg (5.85%), Vitamin B6: 0.11mg (5.64%), Vitamin C: 1.08mg (1.31%)