



Coconut Cream Tarts with Macadamia Nut Crusts

READY IN



45 min.

SERVINGS



12

CALORIES



578 kcal

DESSERT

Ingredients

- ☐ 1.5 cups coconut or divided flaked
- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 cups macadamia nuts chopped
- ☐ 0.8 cup butter cold
- ☐ 2 cups milk
- ☐ 0.8 cup sugar

- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 1 cup whipping cream

Equipment

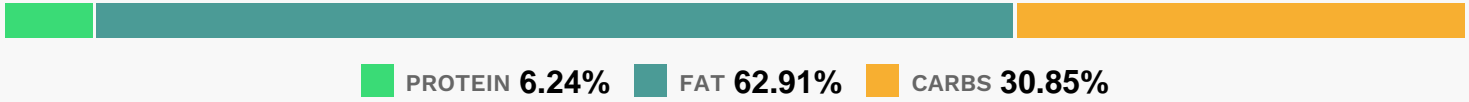
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Stir together 1/3 cup flour and 3/4 cup sugar; whisk in eggs.
- ☐ Cook milk in a heavy saucepan over medium heat until hot. Gradually whisk about one-fourth of hot milk into egg mixture; add to remaining hot milk, whisking constantly.
- ☐ Cook over medium-high heat, whisking constantly, 5 to 6 minutes or until thickened.
- ☐ Remove from heat; stir in vanilla and 1 cup coconut. Cover and chill 3 hours.
- ☐ Bake remaining 1/2 cup coconut in a shallow pan at 350, stirring occasionally, 5 to 6 minutes or until toasted; set aside.
- ☐ Pulse 2 1/2 cups flour and butter in a food processor until crumbly.
- ☐ Add 2 tablespoons water, and pulse 30 seconds or until dough forms a ball. Turn out onto a lightly floured surface; knead in nuts.
- ☐ Divide dough into 12 equal portions; press each portion into a (3- to 4-inch) tart pan. Prick bottoms with a fork, and place on a 15- x 10-inch jellyroll pan. Cover and freeze 30 minutes.
- ☐ Bake on jellyroll pan at 375 for 15 to 20 minutes or until golden. Cool in tart pans 5 minutes; remove from pans, and cool completely on a wire rack.

- ☐ Spoon coconut custard mixture into tart shells.
- ☐ Beat whipping cream and 3 tablespoons sugar at high speed with an electric mixer until soft peaks form; dollop or pipe onto tarts.
- ☐ Sprinkle with toasted coconut; chill.

Nutrition Facts



Properties

Glycemic Index:28.18, Glycemic Load:27.92, Inflammation Score:-7, Nutrition Score:14.025652263476%

Nutrients (% of daily need)

Calories: 578.29kcal (28.91%), Fat: 41.35g (63.62%), Saturated Fat: 16.35g (102.22%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 41.67g (15.15%), Sugar: 19.83g (22.03%), Cholesterol: 89.29mg (29.76%), Sodium: 184mg (8%), Alcohol: 0.37g (100%), Alcohol %: 0.28% (100%), Protein: 9.23g (18.46%), Manganese: 1.19mg (59.72%), Vitamin B1: 0.47mg (31.54%), Selenium: 19.15µg (27.36%), Vitamin B2: 0.36mg (21.32%), Vitamin A: 954.92IU (19.1%), Phosphorus: 174.16mg (17.42%), Folate: 65.58µg (16.39%), Fiber: 3.97g (15.88%), Iron: 2.66mg (14.78%), Copper: 0.27mg (13.53%), Magnesium: 46.68mg (11.67%), Vitamin B3: 2.3mg (11.48%), Calcium: 98.48mg (9.85%), Vitamin B5: 0.81mg (8.11%), Vitamin B6: 0.15mg (7.63%), Potassium: 261.63mg (7.48%), Vitamin D: 1.1µg (7.32%), Zinc: 1.07mg (7.13%), Vitamin B12: 0.41µg (6.9%), Vitamin E: 0.97mg (6.48%)