



## Creamy Lemon Tart

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



378 kcal

DESSERT

### Ingredients

- 2 large egg yolk
- 5 large eggs
- 0.8 cup cup heavy whipping cream
- 0.7 cup juice of lemon fresh
- 3 tablespoons lemon zest grated
- 0.3 teaspoon salt
- 1 cup sugar
- 2.3 cups unbleached all purpose flour

- 1 cup butter unsalted room temperature (2 sticks)
- 3 tablespoons water ()

## Equipment

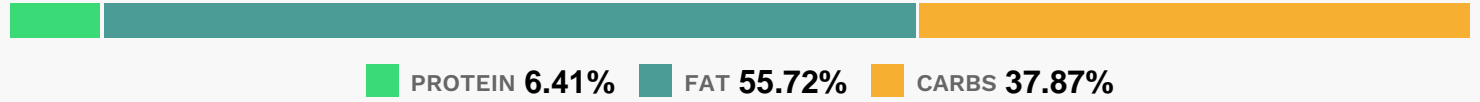
- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer
- kitchen thermometer
- aluminum foil
- tart form

## Directions

- Using electric mixer, beat unsalted butter and egg yolks in large bowl until fluffy. Beat in sugar. Beat in flour and salt just until blended, adding water by tablespoonfuls if dough is dry.
- Transfer dough to lightly floured work surface. Gather dough together. Shape dough into ball; flatten into disk. Wrap dough in plastic and refrigerate 1 hour. Soften dough slightly at room temperature before rolling out.
- Whisk eggs, sugar, cream, lemon juice, and grated lemon peel in medium metal bowl to blend. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water); whisk slowly but constantly until mixture thickens and instant-read thermometer inserted into mixture registers 160°F, about 20 minutes.
- Remove bowl from over water. Cool mixture to room temperature, whisking occasionally.
- Preheat oven to 350°F.
- Roll out dough on lightly floured surface to 13-inch round.
- Transfer dough to 10-inch-diameter tart pan with removable bottom. Fold in dough edges, forming double-thick sides. Freeze crust 15 minutes. Line crust with foil; fill with pie weights or dried beans.
- Bake 15 minutes.

- Remove pie weights.
- Bake until crust is golden and cooked through, about 30 minutes longer. Cool crust in pan on rack.
- Spread filling evenly in crust. Chill overnight to allow filling to set.

## Nutrition Facts



### Properties

Glycemic Index:5.84, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:7.67956522755%

### Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 378.29kcal (18.91%), Fat: 23.77g (36.56%), Saturated Fat: 14.1g (88.15%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 35.51g (12.91%), Sugar: 17.64g (19.6%), Cholesterol: 165.58mg (55.19%), Sodium: 86.54mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Selenium: 16.69µg (23.84%), Vitamin A: 846.78IU (16.94%), Vitamin B2: 0.27mg (15.69%), Folate: 60.89µg (15.22%), Vitamin B1: 0.21mg (13.69%), Phosphorus: 92.04mg (9.2%), Vitamin C: 7.27mg (8.81%), Iron: 1.58mg (8.78%), Manganese: 0.17mg (8.53%), Vitamin D: 1.09µg (7.28%), Vitamin B3: 1.44mg (7.18%), Vitamin E: 0.95mg (6.3%), Vitamin B5: 0.59mg (5.88%), Vitamin B12: 0.3µg (4.94%), Zinc: 0.56mg (3.76%), Calcium: 36.33mg (3.63%), Vitamin B6: 0.07mg (3.51%), Fiber: 0.83g (3.33%), Copper: 0.06mg (3.05%), Potassium: 92.29mg (2.64%), Magnesium: 10.29mg (2.57%), Vitamin K: 1.95µg (1.86%)