



Creamy Lime Tart with Shortbread Crust

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



406 kcal

DESSERT

Ingredients

- ☐ 0.3 cup confectioners sugar
- ☐ 6 large eggs
- ☐ 1 cup flour all-purpose plus more for rolling
- ☐ 1 cup granulated sugar
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup juice of lime freshly squeezed
- ☐ 3 teaspoon lime zest

☐ 6 tablespoon butter unsalted room temperature

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ whisk

☐ baking pan

☐ rolling pin

☐ tart form

Directions

☐ Prepare the crust: In the bowl of a food processor pulse flour, confectioners sugar and salt until well combined and uniform in texture.

☐ Add the butter and egg yolk pulsing several more times until the mixture is crumbly and coarse. Form dough into a 3/4-inch disc, wrap it in plastic and chill at least 30 minutes.

☐ Transfer the chilled dough to a lightly floured work surface. Use a lightly floured rolling pin to roll the dough into about a 12-inch round. Carefully transfer the dough to a 10-inch tart pan with a removable bottom. Trim the edges neatly. Chill at least 30 minutes. In the meantime, place the oven rack in center position.

☐ Heat the oven to 350 degrees F. Line chilled shell with parchment and fill with pie weights, raw rice, or dried beans.

☐ Bake on the middle rack until edge is pale golden, about 20 minutes. Carefully remove parchment and weights. Continue baking another 10 minutes.

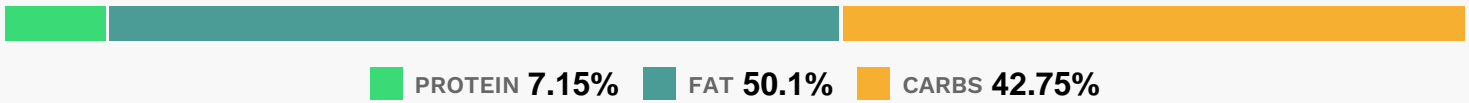
☐ Remove from oven and allow to cool completely in the pan on a rack. Reduce oven temperature to 300 degrees F. Prepare the filling: In a large bowl use a whisk to beat 6 eggs until well incorporated and frothy.

☐ Add the cream, granulated sugar, lime zest, and lime juice.

☐ Whisk until just combined.

- ☐
- Lay the tart shell onto a rimmed baking pan.
- ☐
- Pour three-fourths of the filling mixture into shell. Carefully move the tart and the baking sheet to the middle rack of the oven.
- ☐
- Pour remaining filling into shell. You might not use it all.
- ☐
- Bake tart until barely set but still wobbly in the center, about 40 mins.
- ☐
- Remove from oven and allow the tart to cool completely in tart pan on rack, then chill, covered, until cold, at least 2 hours. Bring back to room temperature to serve.
- ☐
- Garnish with lime slices, optional.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:26.1, Inflammation Score:-5, Nutrition Score:8.1369564533234%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 405.56kcal (20.28%), Fat: 23.08g (35.51%), Saturated Fat: 13.44g (83.98%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 43.75g (15.91%), Sugar: 30.2g (33.55%), Cholesterol: 195.69mg (65.23%), Sodium: 209.04mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Selenium: 18.01µg (25.73%), Vitamin B2: 0.32mg (18.72%), Vitamin A: 917.72IU (18.35%), Folate: 50.81µg (12.7%), Phosphorus: 115.27mg (11.53%), Vitamin C: 9.47mg (11.48%), Vitamin B1: 0.15mg (10.13%), Vitamin D: 1.38µg (9.22%), Iron: 1.46mg (8.12%), Vitamin B5: 0.77mg (7.7%), Vitamin B12: 0.4µg (6.65%), Vitamin E: 0.99mg (6.59%), Manganese: 0.12mg (6.24%), Vitamin B3: 1.02mg (5.09%), Calcium: 50.36mg (5.04%), Zinc: 0.7mg (4.68%), Vitamin B6: 0.09mg (4.66%), Potassium: 136.01mg (3.89%), Copper: 0.07mg (3.26%), Magnesium: 12.7mg (3.17%), Fiber: 0.56g (2.26%), Vitamin K: 2.03µg (1.94%)