



Creamy Pink Grapefruit Tart

READY IN



150 min.

SERVINGS



10

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter cut into chunks
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup pink grapefruit juice with pulp
- ☐ 1 teaspoon pink grapefruit peel grated
- ☐ 0.7 cup sugar
- ☐ 10 servings whipped cream and grapefruit segents sweetened peeled
- ☐ 0.7 cup whipping cream

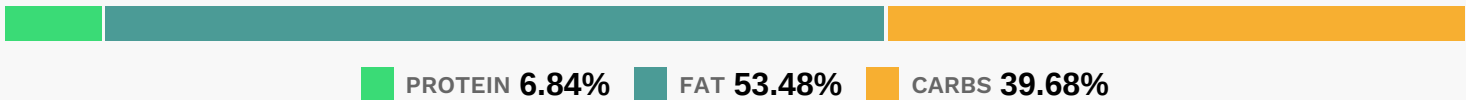
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ In a food processor or bowl, combine flour and butter. Whirl or rub in with your fingers until fine crumbs form.
- ☐ Add 1 egg and whirl or stir with a fork just until dough holds together. Pat into a ball, then press evenly over bottom and up sides of a 9- to 10-inch tart pan with a removable rim.
- ☐ Bake in a 325 oven until crust is pale gold, 25 to 30 minutes.
- ☐ Let cool.
- ☐ Meanwhile, in a bowl, whisk together remaining 3 eggs, grapefruit peel and juice, sugar, and the 2/3 cup whipping cream. Set baked crust on oven rack and carefully pour in filling.
- ☐ Bake in a 350 oven until filling jiggles only slightly in the center when pan is gently shaken and tart is golden at edges, 25 to 30 minutes.
- ☐ Let tart cool on a rack at least 45 minutes.
- ☐ Serve slightly warm or chilled, with sweetened whipped cream and grapefruit segments.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:20.91, Inflammation Score:-4, Nutrition Score:6.0495652219524%

Nutrients (% of daily need)

Calories: 306.19kcal (15.31%), Fat: 18.4g (28.31%), Saturated Fat: 10.96g (68.52%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 30.17g (10.97%), Sugar: 16.12g (17.91%), Cholesterol: 121.27mg (40.42%), Sodium: 106.91mg (4.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Selenium: 13.25µg (18.93%), Vitamin A: 666.92IU (13.34%), Vitamin B2: 0.22mg (13.19%), Folate: 45.21µg (11.3%), Vitamin B1: 0.16mg (10.75%), Phosphorus: 78.87mg (7.89%), Iron: 1.31mg (7.29%), Manganese: 0.13mg (6.71%), Vitamin B3: 1.19mg (5.95%), Vitamin C: 4.59mg (5.56%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.68µg (4.52%), Vitamin E: 0.67mg (4.46%), Vitamin B12: 0.24µg (4%), Calcium: 34.93mg (3.49%), Zinc: 0.48mg (3.18%), Potassium: 100.35mg (2.87%), Vitamin B6: 0.05mg (2.55%), Magnesium: 10.13mg (2.53%), Copper: 0.04mg (2.24%), Fiber: 0.54g (2.17%), Vitamin K: 1.53µg (1.46%)