

Down Under Lemon Tart

 Vegetarian

READY IN



135 min.

SERVINGS



10

CALORIES



425 kcal

DESSERT

Ingredients

- 0.9 cup butter
- 0.8 cup powdered sugar
- 1 egg yolk
- 4 eggs
- 2.5 cups flour all-purpose
- 0.5 cup cup heavy whipping cream
- 0.8 cup juice of lemon fresh
- 2 tablespoons lemon zest minced

- 0.8 cup granulated sugar fine (or granulated sugar, processed to texture in a food processor)
- 1.5 tablespoons water cold

Equipment

- food processor
- baking sheet
- oven
- mixing bowl
- sieve
- plastic wrap
- aluminum foil
- tart form

Directions

- Place flour, butter, and confectioners' sugar in food processor; process until mixture resembles bread crumbs.
- Add egg yolk and 1 to 2 tablespoons cold water, and process until mixture forms a dough. Mold dough into 2 flat shapes, wrap in plastic wrap, and chill for 20 minutes.
- Roll out pastry to 1/8 inch thick (3mm), and line a 9- or 10-inch (24 cm) tart pan. Patch any cracks with extra dough and chill the crust in the freezer for 20 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Line pastry with foil, fill the foil with a little raw rice, and bake in preheated oven for 15 minutes.
- Remove foil and rice, and continue baking until pastry is a light golden color.
- In a mixing bowl, mix together eggs, superfine sugar, lemon zest, lemon juice, and cream. Do not over beat.
- Pour the mixture through a strainer.
- Place the tart pan on a baking sheet, and carefully pour the lemon mixture into the baked pastry crust.

Bake until the tart is nearly set, about 20 minutes. The filling will be runny in the center, and will set when cool; don't over cook, or cracks will appear. Cool and serve.

Nutrition Facts



PROTEIN 5.87% **FAT 47.94%** **CARBS 46.19%**

Properties

Glycemic Index:19.51, Glycemic Load:27.73, Inflammation Score:-5, Nutrition Score:8.1956521790961%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 424.94kcal (21.25%), Fat: 22.96g (35.32%), Saturated Fat: 13.73g (85.78%), Carbohydrates: 49.76g (16.59%), Net Carbohydrates: 48.74g (17.72%), Sugar: 24.8g (27.56%), Cholesterol: 141.06mg (47.02%), Sodium: 158.11mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Selenium: 17.73µg (25.33%), Folate: 72.98µg (18.24%), Vitamin B1: 0.26mg (17.6%), Vitamin B2: 0.28mg (16.57%), Vitamin A: 793.99IU (15.88%), Manganese: 0.22mg (11.12%), Vitamin C: 8.7mg (10.55%), Iron: 1.86mg (10.33%), Vitamin B3: 1.9mg (9.48%), Phosphorus: 88.89mg (8.89%), Vitamin E: 0.85mg (5.67%), Vitamin B5: 0.54mg (5.4%), Vitamin D: 0.64µg (4.26%), Fiber: 1.03g (4.1%), Vitamin B12: 0.24µg (4.08%), Zinc: 0.55mg (3.66%), Copper: 0.07mg (3.32%), Vitamin B6: 0.07mg (3.26%), Calcium: 32.5mg (3.25%), Magnesium: 11.61mg (2.9%), Potassium: 97.01mg (2.77%), Vitamin K: 1.93µg (1.84%)