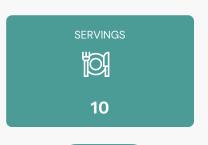


Down Under Lemon Tart

Vegetarian





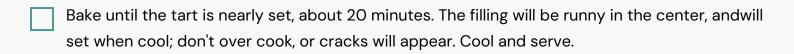


DESSERT

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
O.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	
Eq	Juipment	
	food processor	
	baking sheet	
	oven	
	mixing bowl	
	sieve	
	plastic wrap	
	aluminum foil	
	tart form	
Directions		
Ш	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.	



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, 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: Og (100%), Alcohol %: O% (100%), Protein: 6.32g (12.64%), Selenium: 17.73µg (25.33%), Folate: 72.98µg (18.24%), Vitamin B1: O.26mg (17.6%), Vitamin B2: O.28mg (16.57%), Vitamin A: 793.99IU (15.88%), Manganese: O.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: O.85mg (5.67%), Vitamin B5: O.54mg (5.4%), Vitamin D: O.64µg (4.26%), Fiber: 1.03g (4.1%), Vitamin B12: O.24µg (4.08%), Zinc: O.55mg (3.66%), Copper: O.07mg (3.32%), Vitamin B6: O.07mg (3.26%), Calcium: 32.5mg (3.25%), Magnesium: 11.61mg (2.9%), Potassium: 97.01mg (2.77%), Vitamin K: 1.93µg (1.84%)