



Fig and Lemon Tart

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter
- ☐ 1 large egg yolk
- ☐ 3 large eggs
- ☐ 4 cups figs ripe rinsed trimmed
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar

- ☐ 1 optional: lemon sliced
- ☐ 1 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.1 lb butter
- ☐ 10 servings powdered sugar

Equipment

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

Directions

- ☐ To make crust: In a food processor or a bowl, combine flour, granulated sugar, butter, and lemon peel. Whirl or rub with your fingers until mixture has texture of fine crumbs.
- ☐ Add egg yolk and whirl or stir with a fork until a dough forms. Pat dough into a ball, then press evenly over bottom and up sides of a 10-inch tart pan with removable rim.
- ☐ Bake crust in a 300 oven until golden, about 30 minutes.
- ☐ Meanwhile, make filling: In a food processor or blender, whirl eggs, granulated sugar, lemon slices, flour, and butter until lemon is finely chopped.
- ☐ Pour filling into hot crust. Continue to bake until filling is firm when pan is gently shaken, about 12 minutes.
- ☐ Let tart cool.
- ☐ Cut figs into thin slices and arrange neatly over tart filling.
- ☐ Sprinkle figs with lemon juice and dust with powdered sugar.
- ☐ Cut tart into wedges.

Nutrition Facts



 PROTEIN 5.22%  FAT 36.7%  CARBS 58.08%

Properties

Glycemic Index:37.67, Glycemic Load:30.83, Inflammation Score:-6, Nutrition Score:8.6247826659161%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 382.61kcal (19.13%), Fat: 16.13g (24.81%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 53.83g (19.58%), Sugar: 38.65g (42.94%), Cholesterol: 74.16mg (24.72%), Sodium: 184.4mg (8.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Selenium: 12.54µg (17.91%), Vitamin A: 850.85IU (17.02%), Vitamin B1: 0.23mg (15.02%), Fiber: 3.59g (14.35%), Vitamin B2: 0.23mg (13.78%), Manganese: 0.26mg (13.18%), Folate: 52.57µg (13.14%), Vitamin C: 8.36mg (10.13%), Iron: 1.64mg (9.13%), Potassium: 287.18mg (8.21%), Vitamin B6: 0.16mg (7.9%), Vitamin B3: 1.56mg (7.79%), Phosphorus: 76.41mg (7.64%), Vitamin B5: 0.69mg (6.87%), Magnesium: 23.74mg (5.94%), Vitamin E: 0.86mg (5.75%), Copper: 0.11mg (5.62%), Calcium: 55.01mg (5.5%), Vitamin K: 4.56µg (4.35%), Zinc: 0.52mg (3.47%), Vitamin B12: 0.18µg (3.06%), Vitamin D: 0.39µg (2.61%)