



Fresh Orange Tart with Hazelnut Crust

READY IN



45 min.

SERVINGS



8

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 1 slices blood oranges
- ☐ 1 large egg yolk
- ☐ 4 large eggs
- ☐ 1.3 teaspoons gelatin powder unflavored
- ☐ 0.3 cup hazelnuts
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.8 cup orange juice fresh

- ☐ 2 tablespoons orange zest finely grated
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 9 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 1 tablespoon water

Equipment

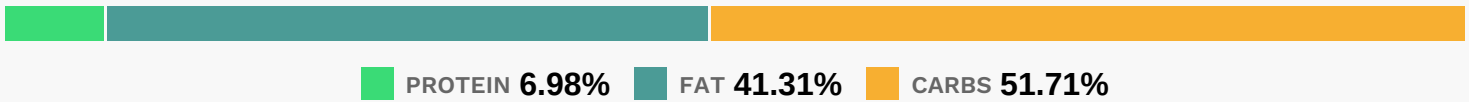
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ kitchen thermometer
- ☐ tart form

Directions

- ☐ Sprinkle gelatin over 1 tablespoon water in small bowl.
- ☐ Let stand 10 minutes to soften.
- ☐ Combine sugar, 2 tablespoons orange peel, and lemon peel in medium metal bowl. Using fingertips, rub ingredients together until sugar is moistened.
- ☐ Add eggs; whisk until smooth.
- ☐ Whisk in both juices.
- ☐ Place bowl over saucepan of simmering water (do not allow bottom of bowl to touch water); whisk constantly until mixture thickens and thermometer inserted into mixture registers 180°F, about 5 minutes.
- ☐ Remove from heat.
- ☐ Add gelatin mixture and stir until dissolved. Strain orange mixture into blender; let cool until thermometer inserted into mixture registers 140°F, about 10 minutes.

- ☐ With blender running, add room-temperature butter 2 pieces at a time and process until blended. Continue blending 3 minutes longer.
- ☐ Transfer filling to bowl; mix in remaining 2 teaspoons orange peel. Cover and chill overnight.
- ☐ Butter 9-inch square tart pan with removable bottom. Finely grind flour, sugar, nuts, and salt in processor.
- ☐ Add butter and cut in using on/off turns until mixture resembles coarse meal.
- ☐ Add egg yolk and blend in using on/off turns just until moist clumps form (do not allow dough to form ball). Press dough onto bottom and up sides of prepared pan (crust will be about 1/4 inch thick). Using thumb, press around sides to extend crust 1/4 inch above edge of pan. Chill 1 hour.
- ☐ Preheat oven to 375°F.
- ☐ Bake crust until golden brown, about 20 minutes. Cool crust completely on rack. (Crust can be made 1 day ahead. Store airtight at room temperature.)
- ☐ Stir orange filling to loosen. Spoon enough chilled orange filling into crust to fill completely. Chill tart at least 1 hour and up to 4 hours.
- ☐ Garnish with candied blood orange slices.
- ☐ Drizzle oranges with some of syrup.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:31.82, Glycemic Load:29.58, Inflammation Score:-5, Nutrition Score:9.0369565486908%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 391.89kcal (19.59%), Fat: 18.33g (28.21%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 50.44g (18.34%), Sugar: 34.89g (38.77%), Cholesterol: 149.81mg (49.94%), Sodium: 113.4mg (4.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Selenium: 16.23µg (23.19%), Vitamin C: 17.65mg (21.4%), Manganese: 0.38mg (19%), Folate: 64.63µg (16.16%), Vitamin B2: 0.25mg (14.67%), Vitamin B1: 0.22mg (14.53%), Vitamin A: 617.31IU (12.35%), Phosphorus: 98.8mg (9.88%), Iron: 1.67mg (9.3%), Vitamin E: 1.28mg (8.55%), Copper: 0.14mg (7.23%), Vitamin B3: 1.37mg (6.83%), Vitamin B5: 0.65mg (6.5%), Vitamin D: 0.85µg (5.67%), Vitamin B12: 0.29µg (4.85%), Vitamin B6: 0.1mg (4.83%), Fiber: 1.21g (4.83%), Magnesium: 17.46mg (4.37%), Zinc: 0.64mg (4.26%), Potassium: 147.2mg (4.21%), Calcium: 35.18mg (3.52%), Vitamin K: 1.81µg (1.72%)