



## Gluten-Free Tart Crust



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

CRUST

## Ingredients

- ☐ 0.8 cup brown rice flour
- ☐ 1 egg yolk
- ☐ 0.3 cup ground hazelnuts
- ☐ 1 tablespoons water
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 4 teaspoons evaporated cane juice
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.3 cup tapioca flour

- ☐ 1 stick butter    unsalted cold cut into pieces
- ☐ 1 teaspoon xanthan gum

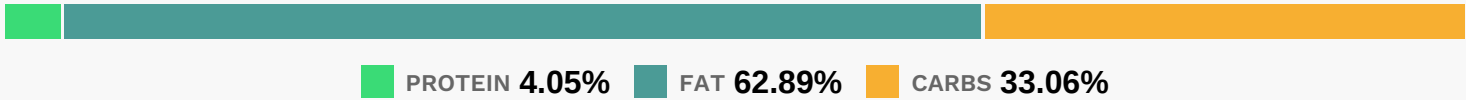
## Equipment

- ☐ food processor
- ☐ plastic wrap

## Directions

- ☐ Combine first 7 ingredients in a food processor; pulse several times.
- ☐ Add butter, and pulse 10 times or until butter is the size of peas.
- ☐ Combine egg yolk with 1 tablespoon ice water; add to dough, and pulse until dough comes together. (
- ☐ Add more water, 1 teaspoon at a time, if necessary.)
- ☐ Transfer dough to a work surface. Knead 2 times, and form into a disk. Wrap in plastic wrap, and refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.2399999991707%

## Nutrients (% of daily need)

Calories: 213.26kcal (10.66%), Fat: 15.27g (23.49%), Saturated Fat: 7.72g (48.24%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 16.59g (6.03%), Sugar: 2.57g (2.85%), Cholesterol: 54.67mg (18.22%), Sodium: 87.42mg (3.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Manganese: 0.6mg (29.82%), Vitamin A: 385.49IU (7.71%), Phosphorus: 63.58mg (6.36%), Fiber: 1.48g (5.91%), Vitamin B6: 0.12mg (5.88%), Vitamin B3: 0.95mg (4.73%), Vitamin B1: 0.07mg (4.69%), Magnesium: 17.02mg (4.26%), Vitamin E: 0.56mg (3.76%), Iron: 0.64mg (3.55%), Vitamin B5: 0.32mg (3.19%), Zinc: 0.43mg (2.85%), Vitamin D: 0.33µg (2.22%), Selenium: 1.4µg (2%), Copper: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.68%), Folate: 6.09µg (1.52%), Calcium: 14.72mg (1.47%), Potassium: 51.57mg (1.47%), Vitamin B12: 0.07µg (1.13%)