



Grapefruit Chess Tart

READY IN



160 min.

SERVINGS



12

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 3 large egg whites
- ☐ 2 large egg yolks
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 pink grapefruit red
- ☐ 0.8 teaspoon kosher salt
- ☐ 12 servings garnish: mint sprigs fresh
- ☐ 14.1 oz piecrusts refrigerated
- ☐ 1 cup sugar

- ☐ 0.5 cup whipping cream at room temperature
- ☐ 2 tablespoons cornmeal plain white

Equipment

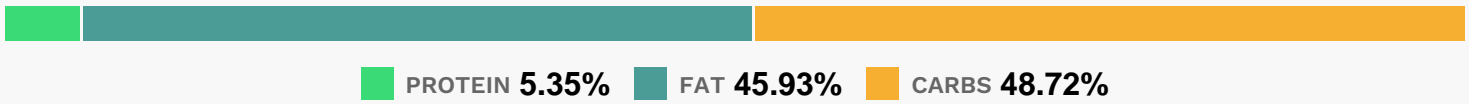
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Preheat oven to 425
- ☐ Unroll piecrusts, and stack on a lightly floured surface.
- ☐ Roll piecrusts into a 14- x 10-inch oval. Fit piecrust into a lightly greased 12- x 8-inch rectangular tart pan with removable bottom; press into fluted edges. Trim off excess crust. Line piecrust with aluminum foil or parchment paper, and fill with pie weights or dried beans.
- ☐ Place pan on a baking sheet.
- ☐ Bake at 425 for 10 minutes.
- ☐ Remove weights and foil, and bake 7 to 8 more minutes or until browned. Cool completely on baking sheet on a wire rack (about 15 minutes). Reduce oven temperature to 300
- ☐ Meanwhile, grate zest from grapefruit to equal 1 tsp. Peel grapefruit; section over a bowl to catch juice, reserving 1/3 cup juice and segments separately. Reserve any remaining juice for another use.
- ☐ Whisk zest and salt into 1/3 cup juice.
- ☐ Whisk together egg whites and yolks in a large bowl until creamy and light in color; whisk in cream and butter.

- ☐
- Stir together sugar, flour, and cornmeal in a medium bowl. Gradually whisk sugar mixture into egg mixture, one-third at a time, until blended.
- ☐
- Whisk in grapefruit juice mixture. Spoon filling into cooled tart shell.
- ☐
- Bake at 300 for 20 minutes; remove from oven, and arrange grapefruit sections on tart.
- ☐
- Bake 30 to 35 more minutes or until fruit is browned and filling is set. Cool tart on a wire rack 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:13.64, Inflammation Score:-6, Nutrition Score:6.0334781978441%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 329.06kcal (16.45%), Fat: 17.04g (26.21%), Saturated Fat: 7.7g (48.1%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 38.85g (14.13%), Sugar: 19.97g (22.19%), Cholesterol: 51.84mg (17.28%), Sodium: 329.9mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Vitamin A: 836.73IU (16.73%), Vitamin C: 13.69mg (16.59%), Manganese: 0.2mg (9.78%), Folate: 38.97µg (9.74%), Vitamin B2: 0.16mg (9.33%), Vitamin B1: 0.14mg (9.21%), Selenium: 6.26µg (8.94%), Fiber: 1.82g (7.28%), Iron: 1.21mg (6.7%), Vitamin B3: 1.18mg (5.89%), Phosphorus: 58.24mg (5.82%), Vitamin B5: 0.43mg (4.31%), Potassium: 132.43mg (3.78%), Magnesium: 13.97mg (3.49%), Vitamin E: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.25%), Calcium: 30.76mg (3.08%), Vitamin K: 3.11µg (2.96%), Copper: 0.05mg (2.74%), Zinc: 0.36mg (2.37%), Vitamin D: 0.31µg (2.08%), Vitamin B12: 0.09µg (1.44%)