



Grapefruit Tart

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 3 tablespoons butter
- 5.3 ounce butter shortbread pure
- 6 tablespoons cornstarch
- 4 egg yolks
- 2 teaspoons grapefruit rind red grated
- 3 grapefruit red peeled
- 2 cups grapefruit juice fresh red

- 0.1 teaspoon salt
- 0.5 cup sugar
- 2 tablespoons sugar
- 3 tablespoons sugar

Equipment

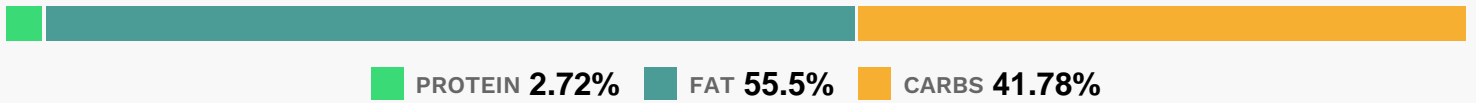
- food processor
- bowl
- sauce pan
- oven
- whisk
- blender
- plastic wrap
- baking pan
- tart form

Directions

- Process shortbread in a blender or food processor until graham cracker crumb consistency (about 1 1/3 cup crumbs).
- Stir together shortbread crumbs, 3 tablespoons sugar, and 2 tablespoons melted butter in a small bowl. Press mixture lightly into a greased 9-inch tart pan.
- Bake at 350 for 10 to 12 minutes or until lightly browned. Set aside.
- Combine 1/2 cup sugar, cornstarch, and salt in a medium-size heavy saucepan.
- Whisk in juice and egg yolks. Cook over medium-high heat, whisking constantly, 10 to 12 minutes or until mixture thickens and boils.
- Remove from heat; stir in 3 tablespoons butter and rind.
- Pour filling into prepared tart shell. Cover surface of filling directly with plastic wrap. Chill 2 1/2 hours.
- Place red grapefruit sections in an 8-inch baking dish.
- Sprinkle with 2 tablespoons sugar, and chill until ready to assemble.

- Drain grapefruit.
- Arrange segments, with outer part of segments facing the edge, around border of tart. Arrange remaining segments around tart, slightly overlapping to cover filling completely.
- Serve immediately. Chill leftovers.
- Note: For testing purposes only, we used Walkers Pure Butter Shortbread and Texa
- Sweet Ruby Red Texas grapefruit.
- To make ahead: Prepare the crust and filling up to 2 days ahead, but do not top with fruit. Top with grapefruit just before serving.

Nutrition Facts



Properties

Glycemic Index:57.28, Glycemic Load:19.21, Inflammation Score:-8, Nutrition Score:7.8895651879518%

Flavonoids

Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 30.51mg, Naringenin: 30.51mg, Naringenin: 30.51mg, Naringenin: 30.51mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 392.64kcal (19.63%), Fat: 24.97g (38.42%), Saturated Fat: 15.03g (93.94%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 40.68g (14.79%), Sugar: 32.96g (36.62%), Cholesterol: 156.39mg (52.13%), Sodium: 219.6mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin C: 45.04mg (54.59%), Vitamin A: 1896.97IU (37.94%), Selenium: 5.7µg (8.14%), Potassium: 238.79mg (6.82%), Folate: 27.3µg (6.82%), Vitamin E: 0.99mg (6.62%), Phosphorus: 65.8mg (6.58%), Fiber: 1.61g (6.43%), Vitamin B5: 0.6mg (6.03%), Vitamin B2: 0.09mg (5.27%), Calcium: 43.85mg (4.38%), Vitamin B6: 0.08mg (4.09%), Magnesium: 15.49mg (3.87%), Vitamin B1: 0.06mg (3.83%), Vitamin B12: 0.22µg (3.71%), Iron: 0.6mg (3.34%), Vitamin D: 0.49µg (3.24%), Zinc: 0.36mg (2.41%), Copper: 0.04mg (2.06%), Vitamin B3: 0.38mg (1.91%), Vitamin K: 1.99µg (1.9%), Manganese: 0.03mg (1.48%)