



Individual Lemon Meringue Tarts

READY IN



175 min.

SERVINGS



6

CALORIES



1170 kcal

DESSERT

Ingredients

- 0.5 teaspoon cream of tartar
- 4 egg whites
- 6 egg yolks
- 6 eggs
- 3 cups flour all-purpose
- 2 cups juice of lemon
- 0.3 teaspoon salt
- 8 ounces shortening cold
- 1 cup sugar

- 1.5 cups sugar
- 4 ounces butter unsalted cold
- 1 teaspoon vanilla extract
- 0.5 cup water ice cold

Equipment

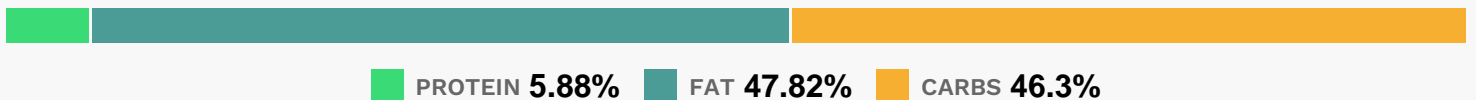
- baking sheet
- baking paper
- oven
- knife
- whisk
- mixing bowl
- pot
- plastic wrap
- spatula
- rolling pin
- grater

Directions

- Rolling pin 6 (4-inch) tart molds with removable bottoms 3 cups of pie weights or dried beans Cheese grater
- Preheat the oven to 400 degrees F.
- Roll the pastry to 1/4-inch thickness and cut into 6 (6-inch) rounds.
- Place the pastry in 6 (4-inch) tart molds. With a knife trim the excess pastry. Refrigerate for at least 30 minutes.
- Line each tart shell with a piece of parchment paper and fill to the rim with pie weights.
- Bake for 15 minutes. Reduce the oven temperature to 350 degrees F.
- Remove the pie weights and parchment from the tart shells and bake for 10 minutes.
- Whisk together the lemon juice, eggs, yolks, sugar, and vanilla extract.

- Pour the lemon mixture into a medium pot.
- Place over medium heat and stir with a spatula for about 5 minutes, until the mixture begins to thicken.
- Pour the lemon mixture onto a baking sheet and cool completely.
- Spoon the cooled lemon mixture or curd into the baked tart shells.
- For the meringue: Beat the egg whites with the vanilla extract and cream of tartar until soft peaks form. Continue beating while adding the sugar, 1 tablespoon at a time. The finished meringue should have stiff glossy peaks. Mound the meringue on top of the tarts.
- Make sure there is a good seal between the meringue and the edge of the crust.
- Bake the tarts in a preheated 350 degree F oven for 20 to 25 minutes, or until the meringue is golden.
- Let cool for 15 minutes before removing from the molds.
- Sift the flour and salt into a large mixing bowl. Using a cheese grater, grate the butter and shortening into the flour.
- Combine the mixture with your fingers until it resembles cornmeal.
- Add the ice cold water and mix with a spoon, pulling the water into the flour until a dough forms.
- With your hands, shape the dough into 2 balls and flatten them into disks. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes. Store in the refrigerator for up to 4 days and in the freezer for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:35.86, Glycemic Load:92.68, Inflammation Score:-7, Nutrition Score:21.582608824191%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 1169.73kcal (58.49%), Fat: 63.19g (97.22%), Saturated Fat: 22.38g (139.9%), Carbohydrates: 137.66g (45.89%), Net Carbohydrates: 135.73g (49.36%), Sugar: 85.89g (95.43%), Cholesterol: 398.71mg (132.9%), Sodium: 208.88mg (9.08%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Protein: 17.49g (34.98%), Selenium: 49.55µg (70.78%), Folate: 178.97µg (44.74%), Vitamin B2: 0.73mg (42.81%), Vitamin C: 31.48mg (38.15%), Vitamin B1: 0.57mg (37.92%), Vitamin E: 3.84mg (25.61%), Iron: 4.33mg (24.03%), Phosphorus: 238.92mg (23.89%), Manganese: 0.47mg (23.34%), Vitamin K: 21.88µg (20.84%), Vitamin A: 974.34IU (19.49%), Vitamin B3: 3.83mg (19.17%), Vitamin B5: 1.91mg (19.09%), Vitamin D: 2.14µg (14.24%), Vitamin B12: 0.79µg (13.21%), Vitamin B6: 0.2mg (10.24%), Zinc: 1.5mg (9.97%), Potassium: 312.05mg (8.92%), Copper: 0.17mg (8.31%), Fiber: 1.93g (7.73%), Calcium: 70.01mg (7%), Magnesium: 27.67mg (6.92%)