



Key Lime Meringue Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon coarse kosher salt meringue
- ☐ 3 ounces cream cheese chilled cut into 1/2-inch cubes
- ☐ 4 large egg whites room temperature
- ☐ 3 large egg yolks
- ☐ 3 large eggs
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup regular lime juice fresh (from 18 limes)
- ☐ 0.3 cup powdered sugar

- ☐ 0.7 cup sugar
- ☐ 0.8 cup unbleached all purpose flour
- ☐ 6 tablespoons butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tart form

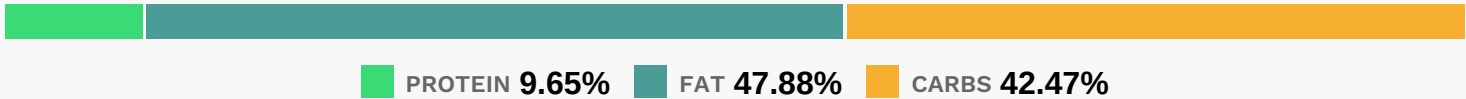
Directions

- ☐ Whisk eggs, yolks, sugar, lime juice, lemon juice, and coarse salt in medium metal bowl. Set bowl over medium saucepan of simmering water (do not allow bottom of bowl to touch water).
- ☐ Whisk constantly until curd thickens slightly and instant-read thermometer inserted into curd registers 140°F for 3 minutes, 5 to 6 minutes total (do not allow to boil).
- ☐ Remove bowl from over water. Gradually whisk butter into curd a few cubes at a time until smooth, allowing butter cubes to melt before adding more. Strain curd through fine sieve set over small bowl. Press plastic wrap directly onto surface of curd and chill overnight. DO AHEAD: Lime curd can be made 2 days ahead. Keep chilled.
- ☐ Using electric mixer, beat butter, cream cheese, and sugar in medium bowl until smooth.
- ☐ Add flour and salt and beat just until blended. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled. Soften

slightly atroom temperature before rolling out.

- ☐ Preheat oven to 375°F.
- ☐ Roll out doughon lightly floured work surface to 11- to12-inch round.
- ☐ Transfer to 9-inch tart panwith removable bottom. Press dough ontobottom and up sides of pan. Trim doughoverhang to 1/2 inch, then fold overhang in,forming double-thick sides extending 1/4inch above sides of pan. Pierce crust all overwith fork. Freeze crust 20 minutes.
- ☐ Line crust with foil; fill with driedbeans or pie weights.
- ☐ Bake until crust is set,about 25 minutes.
- ☐ Remove foil and beans.Continue to bake until crust is golden andcooked through, about 20 minutes longer.Cool crust completely in pan on rack.
- ☐ Spread curd evenly in baked crust. Chillwhile making meringue.
- ☐ Using electric mixer, beategg whites in large bowl on medium speeduntil foamy. Increase speed to medium-highand beat until soft peaks form.Gradually add sugar and powdered sugar 1tablespoon at a time; beat until meringue isvery thick and glossy, about 5 minutes. Beatin vanilla and coarse kosher salt.
- ☐ Spoon meringue in dollops atop curd,then spread and swirl decoratively withtable knife. Using kitchen torch, brownmeringue in spots, creating white andgolden peaks and valleys. Chill uncoveredat least 1 hour before serving. DO AHEAD:Can be made 4 hours ahead. Keep chilled.
- ☐ Remove sides from tart pan.
- ☐ Place tarton platter and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:11.79, Inflammation Score:-4, Nutrition Score:6.4300000304761%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 295.02kcal (14.75%), Fat: 15.86g (24.4%), Saturated Fat: 8.76g (54.74%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 31.29g (11.38%), Sugar: 21.34g (23.71%), Cholesterol: 171.91mg (57.3%), Sodium: 165.06mg (7.18%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 7.19g (14.38%), Selenium: 17.76µg (25.37%), Vitamin B2: 0.28mg (16.73%), Vitamin A: 603.96IU (12.08%), Folate: 43.63µg (10.91%), Phosphorus: 92.91mg (9.29%), Vitamin B1: 0.12mg (7.88%), Vitamin B5: 0.65mg (6.53%), Vitamin C: 5.2mg (6.31%), Iron: 1.1mg (6.1%), Vitamin D: 0.88µg (5.85%), Vitamin B12: 0.35µg (5.79%), Vitamin E: 0.75mg (5.03%), Manganese: 0.1mg (4.84%), Vitamin B3: 0.76mg (3.8%), Zinc: 0.55mg (3.68%), Calcium: 36.52mg (3.65%), Vitamin B6: 0.07mg (3.65%), Potassium: 107.57mg (3.07%), Copper: 0.05mg (2.41%), Magnesium: 9.33mg (2.33%), Fiber: 0.37g (1.49%), Vitamin K: 1.15µg (1.1%)