



Key Lime Tart

READY IN



45 min.

SERVINGS



8

CALORIES



306 kcal

DESSERT

Ingredients

- 2 tablespoons butter chilled cut into small pieces
- 0.8 cup cake flour
- 0.5 teaspoon apple cider vinegar
- 0.3 teaspoon cream of tartar
- 3 large egg whites
- 4 large egg yolk
- 2 tablespoons water
- 0.5 cup juice of lime fresh (4 limes)
- 4 teaspoons lime zest grated

- 1 tablespoon olive oil
- 1 Dash salt
- 0.3 cup sugar
- 0.5 teaspoon sugar
- 14 ounce condensed milk fat-free sweetened canned
- 0.3 teaspoon vanilla extract

Equipment

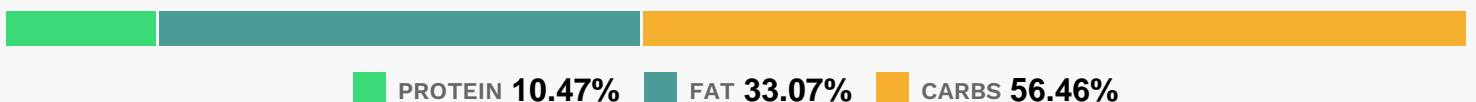
- food processor
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- plastic wrap
- measuring cup
- tart form

Directions

- To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- Place flour, 1/2 teaspoon sugar, and salt in a food processor; pulse 2 times or until combined.
- Add butter and oil; pulse 5 times or until mixture resembles coarse meal.
- Drizzle flour mixture with water and vinegar; pulse 10 times or just until combined. Gently press mixture into a 3-inch circle on plastic wrap, and cover and chill for 30 minutes.
- Preheat oven to 42

- Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover with 2 additional sheets of overlapping plastic wrap.
- Roll dough, still covered, into a 10-inch circle. Fit dough, plastic wrap side up, into a 9-inch round removable-bottom tart pan.
- Remove remaining plastic wrap. Press dough against bottom and sides of pan. Pierce bottom of dough with a fork. Line bottom of dough with a piece of parchment paper; arrange pie weights on paper.
- Bake at 425 for 16 minutes or until edge is lightly browned.
- Remove pie weights and parchment paper; bake an additional 5 minutes or until bottom of crust is lightly browned. Cool on a wire rack.
- Reduce oven temperature to 35
- To prepare filling, combine rind, juice, egg yolks, and milk, stirring with a whisk until well blended.
- Pour into prepared crust.
- Bake at 350 for 15 minutes or until set.
- Remove tart from oven; place on a wire rack.
- Increase oven temperature to 42
- To prepare meringue, place cream of tartar and egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form; beat in vanilla.
- Spread meringue evenly over filling, sealing to edge of crust. Make peaks with the back of a spoon (shown here).
- Bake at 425 for 4 minutes or until golden brown.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:26.53, Inflammation Score:-3, Nutrition Score:7.0778261682262%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 305.7kcal (15.29%), Fat: 11.41g (17.55%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 43.44g (15.8%), Sugar: 33.94g (37.71%), Cholesterol: 116.19mg (38.73%), Sodium: 115.9mg (5.04%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 8.13g (16.26%), Selenium: 19.32µg (27.61%), Vitamin B2: 0.32mg (18.68%), Phosphorus: 175.07mg (17.51%), Calcium: 158.01mg (15.8%), Potassium: 260.8mg (7.45%), Vitamin C: 6.12mg (7.42%), Vitamin B5: 0.73mg (7.26%), Vitamin A: 350.8IU (7.02%), Vitamin B12: 0.4µg (6.69%), Folate: 23.93µg (5.98%), Manganese: 0.11mg (5.31%), Zinc: 0.78mg (5.22%), Vitamin B1: 0.07mg (4.92%), Vitamin E: 0.71mg (4.76%), Magnesium: 19.03mg (4.76%), Vitamin D: 0.56µg (3.72%), Vitamin B6: 0.07mg (3.32%), Iron: 0.48mg (2.66%), Copper: 0.04mg (2.21%), Vitamin K: 1.79µg (1.7%), Fiber: 0.37g (1.48%), Vitamin B3: 0.26mg (1.31%)