



Lemon and Poppy Seed Tartlets

READY IN



45 min.

SERVINGS



8

CALORIES



473 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons powdered sugar
- ☐ 1 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 1 cup heavy whipping cream chilled
- ☐ 1.5 cups lemon curd
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons poppy seeds
- ☐ 8 servings poppy seeds
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup butter unsalted cold cut into bits
- ☐ 2 tablespoons water cold

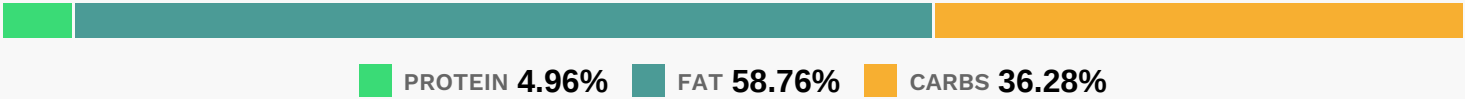
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Pulse together flour, confectioners sugar, salt, and poppy seeds in a food processor.
- ☐ Add butter and pulse until mixture resembles coarse meal.
- ☐ Whisk together yolk, water, and lemon juice in a bowl, then add to processor and pulse until pea-size lumps form and dough holds together when squeezed. (Dough will appear slightly crumbly.)
- ☐ Press 1/4 cup dough evenly into each tart shell with floured fingers (dough will be moist) and lightly prick bottoms with a fork. Chill until firm, about 20 minutes.
- ☐ Put shells on a baking sheet and bake in lower third of oven until golden, 20 to 25 minutes.
- ☐ Transfer to a rack and, when shells are just cool enough to handle, carefully loosen edges with a thin knife and remove from pans.
- ☐ Fill each shell with 3 tablespoons lemon curd.
- ☐ Beat together cream with confectioners sugar and lemon juice in a bowl with an electric mixer until it just holds stiff peaks.
- ☐ Transfer to a pastry bag with a decorative tip and pipe onto curd (or dollop frosting with a spoon).
- ☐ Shells may be made 2 days ahead, cooled completely, and kept in an airtight container

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:8.67, Inflammation Score:-6, Nutrition Score:9.4173912146817%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 472.71kcal (23.64%), Fat: 31.31g (48.16%), Saturated Fat: 17.34g (108.38%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 40.9g (14.87%), Sugar: 28.66g (31.85%), Cholesterol: 87.07mg (29.02%), Sodium: 286.41mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.89%), Manganese: 0.83mg (41.3%), Calcium: 182.11mg (18.21%), Vitamin A: 822.59IU (16.45%), Vitamin B1: 0.22mg (14.98%), Phosphorus: 138.9mg (13.89%), Selenium: 8.98µg (12.83%), Magnesium: 43.11mg (10.78%), Folate: 42.33µg (10.58%), Fiber: 2.59g (10.38%), Iron: 1.86mg (10.35%), Copper: 0.2mg (10.23%), Vitamin B2: 0.16mg (9.44%), Zinc: 1.09mg (7.26%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.8µg (5.36%), Vitamin B3: 1.04mg (5.22%), Potassium: 128.9mg (3.68%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.26mg (2.6%), Vitamin K: 2.01µg (1.91%), Vitamin B12: 0.11µg (1.89%)