



Lemon Bakewell tarts

READY IN



55 min.

SERVINGS



6

CALORIES



657 kcal

DESSERT

Ingredients

- ☐ 85 g butter at room temperature
- ☐ 1 lemon zest
- ☐ 50 g powdered sugar
- ☐ 1 egg yolk
- ☐ 200 g flour plain for dusting
- ☐ 2 lemon zest
- ☐ 100 g butter at room temperature
- ☐ 100 g sugar
- ☐ 2 large eggs

- ☐ 85 g almond flour
- ☐ 25 g flour plain
- ☐ 6 tbsp lemon curd (see recipe below)
- ☐ 25 g almonds flaked

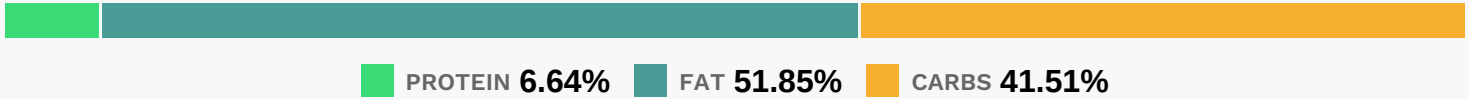
Equipment

- ☐ food processor
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ spatula
- ☐ palette knife

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ To make the pastry, place the butter and lemon zest in a food processor and blitz until soft. Sieve in the icing sugar and blitz again until light and creamy.
- ☐ Mix in the egg yolk with 1 tbsp water, then add in the flour until its just combined.
- ☐ On a lightly floured surface, bring the pastry together into a ball, then wrap in cling film and flatten lightly to form a disc. Chill in the fridge for 30 mins.
- ☐ Roll out the pastry and use to line six 10 x 2cm loose-bottomed tart tins,trimming off any excess. Put in the fridge while making the filling. If pastry breaks or cracks, patch up with any trimmings.
- ☐ To make the filling, beat together the lemon zest, butter and caster sugar until light and creamy.
- ☐ Add the eggs, one at a time, including a spoonful of the ground almonds with each addition. When all the egg has been added, mix in the remaining ground almonds and flour.
- ☐ Spread the marmalade or curd over the bases of the tart cases. Spoon over the filling and smooth with a palette knife or spatula. The tarts will be full to the top, which is fine. Scatter over the flaked almonds, sit tarts on a baking tray and bake for 15–20 mins until lightly golden.
- ☐ Remove from the tins and serve warm or cool, dusted with icing sugar.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:32.39, Inflammation Score:-6, Nutrition Score:10.598260838053%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 656.88kcal (32.84%), Fat: 38.66g (59.47%), Saturated Fat: 18.49g (115.57%), Carbohydrates: 69.62g (23.21%), Net Carbohydrates: 66.23g (24.08%), Sugar: 37.18g (41.32%), Cholesterol: 160.69mg (53.56%), Sodium: 281.67mg (12.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Selenium: 20.16µg (28.8%), Vitamin B1: 0.32mg (21.21%), Folate: 83.99µg (21%), Vitamin B2: 0.34mg (20.14%), Vitamin A: 905.33IU (18.11%), Manganese: 0.36mg (17.91%), Iron: 2.85mg (15.82%), Vitamin E: 2.06mg (13.76%), Fiber: 3.39g (13.56%), Vitamin B3: 2.4mg (12.02%), Phosphorus: 113mg (11.3%), Calcium: 71.46mg (7.15%), Copper: 0.12mg (5.79%), Vitamin B5: 0.57mg (5.72%), Magnesium: 22.72mg (5.68%), Zinc: 0.71mg (4.76%), Vitamin C: 3.87mg (4.69%), Vitamin B12: 0.26µg (4.32%), Vitamin B6: 0.07mg (3.36%), Vitamin D: 0.5µg (3.3%), Potassium: 109.64mg (3.13%), Vitamin K: 2.34µg (2.23%)