

Lemon Cream Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

Ingredients

- 2 tablespoons cooking wine dry white (such as Sauvignon Blanc)
- 2 large egg yolks
- 2 large eggs
- 0.8 cup heavy whipping cream
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest packed finely grated ()
- 0.5 teaspoon salt
- 0.5 cup sugar

- 1 cup unbleached all purpose flour
- 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- tart form

Directions

- Butter bottom (not sides) of 9-inch-diameter tart pan with removable bottom. Blend flour, sugar, grated lemon peel, and salt in processor.
- Add butter; blend until coarse meal forms.
- Add egg yolks; blend until moist clumps form. Gather dough into ball. Press onto bottom and up sides of prepared pan. Freeze crust until firm, about 15 minutes. DO AHEAD Crust can be made 2 days ahead. Cover; keep frozen.
- Preheat oven to 400°F.
- Bake crust 5 minutes. Press up sides with back of fork if falling. Continue to bake until golden, pressing up sides as needed, about 18 minutes longer. Cool completely. Maintain oven temperature.
- Whisk sugar, eggs, yolks, and lemon peel in heavy medium saucepan.
- Whisk in lemon juice and wine. Cook over medium heat until custard thickens and just begins to bubble, whisking constantly, about 5 minutes.
- Transfer to medium bowl. Cool to just warm, stirring occasionally, about 15 minutes. Gradually whisk in cream.
- Pour filling into crust.
- Bake tart until filling is set in center and begins to puff at edges, about 20 minutes. Cool in pan on rack. Refrigerate at least 2 hours and up to 6 hours.

Nutrition Facts

PROTEIN 5.8% FAT 61.73% CARBS 32.47%

Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:6.0030434701754%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 319.73kcal (15.99%), Fat: 22.1g (34%), Saturated Fat: 13.25g (82.78%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.62g (9.32%), Sugar: 13.53g (15.04%), Cholesterol: 148.12mg (49.37%), Sodium: 173.3mg (7.53%), Alcohol: 0.39g (100%), Alcohol %: 0.51% (100%), Protein: 4.67g (9.34%), Selenium: 12.42µg (17.74%), Vitamin A: 812.62IU (16.25%), Vitamin B2: 0.21mg (12.24%), Folate: 44.12µg (11.03%), Vitamin B1: 0.14mg (9.55%), Phosphorus: 75.45mg (7.54%), Vitamin D: 1.05µg (7%), Iron: 1.11mg (6.15%), Vitamin C: 5.04mg (6.1%), Manganese: 0.12mg (5.76%), Vitamin E: 0.83mg (5.52%), Vitamin B3: 0.97mg (4.83%), Vitamin B5: 0.48mg (4.75%), Vitamin B12: 0.25µg (4.23%), Calcium: 34.79mg (3.48%), Zinc: 0.44mg (2.96%), Vitamin B6: 0.06mg (2.86%), Potassium: 75.15mg (2.15%), Copper: 0.04mg (2.14%), Fiber: 0.53g (2.13%), Magnesium: 7.72mg (1.93%), Vitamin K: 1.82µg (1.73%)