



Lemon Crème Brûlée Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 egg white beaten to blend
- ☐ 4 large egg yolks
- ☐ 2 large eggs
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest packed finely grated ()
- ☐ 0.3 cup powdered sugar
- ☐ 1 pinch salt

- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 0.8 cup whipping cream

Equipment

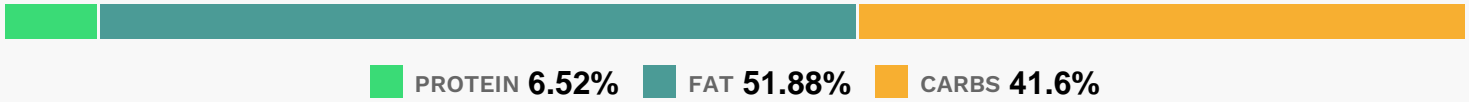
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ tart form

Directions

- ☐ Combine flour, sugar, and salt in processor; blend 5 seconds. Using on/off turns, blend in butter until coarse meal forms.
- ☐ Add 4 teaspoons cream. Using on/off turns, blend until moist clumps form, adding more cream by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap and chill at least 2 hours.
- ☐ Preheat oven to 350°F.
- ☐ Roll out dough on floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter tart pan with removable bottom. Fold overhang in, pressing to form double-thick sides.
- ☐ Bake crust until golden, pressing with back of fork if crust bubbles, about 18 minutes (small cracks may appear).
- ☐ Brush inside of hot crust twice with egg white. Maintain oven temperature.
- ☐ Whisk 3/4 cup sugar, cream, yolks, and eggs in bowl to blend well.
- ☐ Mix in lemon juice and lemon peel.
- ☐ Pour filling into warm crust.

- ☐
- Bake until filling is slightly puffed at edges and set in center, about 30 minutes. Cool completely, about 1 hour.
- ☐
- Preheat broiler.
- ☐
- Place tart on baking sheet. Cover edge of crust with foil to prevent burning.
- ☐
- Sprinkle tart with 2 tablespoons sugar. Broil tart until sugar melts and caramelizes, turning sheet for even browning, about 2 minutes.
- ☐
- Transfer tart to rack. Cool until topping is crisp, about 1 hour.
- ☐
- Push tart pan bottom up, releasing tart.
- ☐
- Place on platter, garnish with lemon slices, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:21.72, Inflammation Score:-5, Nutrition Score:6.8856521482053%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 345.7kcal (17.28%), Fat: 20.27g (31.19%), Saturated Fat: 11.76g (73.49%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 36.03g (13.1%), Sugar: 23.62g (26.24%), Cholesterol: 186.09mg (62.03%), Sodium: 40.85mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Selenium: 15.57µg (22.25%), Vitamin A: 781.75IU (15.63%), Vitamin B2: 0.25mg (14.61%), Folate: 51.38µg (12.85%), Vitamin B1: 0.15mg (10.12%), Phosphorus: 92.11mg (9.21%), Vitamin C: 7mg (8.49%), Vitamin D: 1.22µg (8.16%), Iron: 1.23mg (6.85%), Vitamin B5: 0.61mg (6.12%), Manganese: 0.12mg (5.93%), Vitamin B12: 0.33µg (5.57%), Vitamin E: 0.83mg (5.56%), Vitamin B3: 0.97mg (4.87%), Calcium: 39.97mg (4%), Vitamin B6: 0.07mg (3.72%), Zinc: 0.54mg (3.61%), Potassium: 90.42mg (2.58%), Copper: 0.05mg (2.39%), Fiber: 0.55g (2.19%), Magnesium: 8.57mg (2.14%), Vitamin K: 1.59µg (1.52%)