



WHATSheATE

Lemon Crostata



Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



388 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon almond extract pure
- ☐ 1 large eggs lightly beaten
- ☐ 5 large egg yolks
- ☐ 2 cups flour all-purpose divided
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup sugar divided

- ☐ 6 tablespoons butter unsalted cut into bits
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.8 cup almonds whole with skins (1/4 pound), toasted and cooled

Equipment

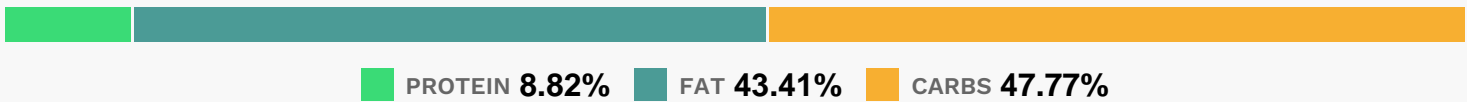
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Pulse almonds with 1/4 cup flour in a food processor until finely ground, being careful not to grind to a paste.
- ☐ Beat together butter and sugar with an electric mixer until pale and fluffy. Chill 1 tablespoon beaten egg for egg wash and beat remaining egg into butter mixture. Beat in vanilla and almond extracts. At low speed, mix in almond mixture, zest, salt, and remaining 1 3/4 cups flour until a dough just forms. Halve dough and form each half into a 5- to 6-inch disk. Wrap disks separately in plastic wrap and chill until firm, at least 30 minutes.
- ☐ Beat yolks with 3/4 cup sugar using cleaned beaters until very thick and tripled in volume, about 5 minutes.
- ☐ Transfer to a heavy medium saucepan and stir in zest, juice, butter, and salt. Cook over medium-low heat, whisking frequently, until curd is thick enough to hold marks of whisk and mixture begins to bubble, about 6 minutes.

- ☐ Transfer lemon curd to a bowl and chill, its surface covered with parchment paper, until cold, at least 1 hour.
- ☐ Preheat oven to 375°F with rack in middle. Generously butter springform pan.
- ☐ Roll out 1 piece of dough (keep other piece chilled) between 2 sheets of parchment into a 12-inch round (dough will be very tender).
- ☐ Remove top sheet of parchment and invert dough into springform pan. (Dough will tear easily; patch it with your fingers.) Press dough over bottom and 1 inch up side of pan, trimming excess.
- ☐ Chill shell and roll out remaining dough between sheets of parchment into a 12-inch round.
- ☐ Remove top sheet of parchment, then cut dough into 10 (1/3-inch-wide) strips with pastry wheel and slide, still on parchment, onto a baking sheet. Chill until firm, 30 to 45 minutes.
- ☐ Bake shell until bottom is pale golden and edge is golden, 15 to 20 minutes. Cool shell in pan on a rack, about 30 minutes.
- ☐ Spread filling in shell and arrange 5 strips 1 inch apart on filling. Arrange remaining 5 strips 1 inch apart diagonally across first strips to form a lattice with diamond-shaped spaces. Trim edges of all strips flush with edge of shell.
- ☐ Brush lattice top with egg wash and sprinkle crostata with remaining tablespoon sugar.
- ☐ Bake crostata until pastry is golden and filling is bubbling, 25 to 30 minutes. Cool completely in pan on a rack, about 2 hours (juices will thicken).
- ☐ ·Dough can be chilled up to 2 days.·Crostata is best the day it is made but can be baked 1 day ahead and chilled, covered (once cool).
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:30.46, Inflammation Score:-5, Nutrition Score:12.002173957617%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 387.5kcal (19.38%), Fat: 19.02g (29.26%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 44.46g (16.17%), Sugar: 19.96g (22.18%), Cholesterol: 160.57mg (53.53%), Sodium: 234.34mg (10.19%), Alcohol: 0.22g (100%), Alcohol %: 0.25% (100%), Protein: 8.7g (17.4%), Selenium: 19.25µg (27.5%), Vitamin E: 4.06mg (27.06%), Manganese: 0.53mg (26.6%), Vitamin B2: 0.4mg (23.68%), Folate: 85µg (21.25%), Vitamin B1: 0.3mg (19.91%), Phosphorus: 155.91mg (15.59%), Iron: 2.38mg (13.22%), Vitamin B3: 2.36mg (11.81%), Magnesium: 45.67mg (11.42%), Fiber: 2.64g (10.58%), Copper: 0.2mg (10.13%), Vitamin A: 450.78IU (9.02%), Vitamin C: 6.87mg (8.33%), Zinc: 0.98mg (6.56%), Vitamin B5: 0.65mg (6.47%), Calcium: 62.79mg (6.28%), Vitamin D: 0.86µg (5.71%), Potassium: 172.68mg (4.93%), Vitamin B12: 0.28µg (4.68%), Vitamin B6: 0.09mg (4.44%)