

Lemon Curd Tart

 Vegetarian

READY IN



95 min.

SERVINGS



10

CALORIES



481 kcal

DESSERT

Ingredients

- ☐ 4 extra large eggs at room temperature
- ☐ 1.8 cups flour all-purpose
- ☐ 4 lemons at room temperature
- ☐ 0.1 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar
- ☐ 0.3 pound butter unsalted at room temperature (1 stick)

- ☐ 12 tablespoons butter unsalted plus more for greasing, at room temperature ()
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

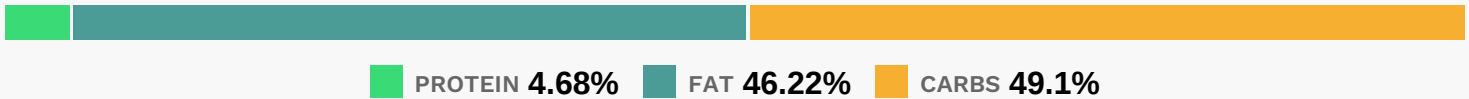
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ tart form
- ☐ peeler
- ☐ zester

Directions

- ☐ Mix the butter and sugar together in the bowl of an electric mixer fitted with a paddle attachment until they are just combined.
- ☐ Add the vanilla. In a medium bowl, sift together the flour and salt, then add them to the butter-and-sugar mixture.
- ☐ Mix on low speed until the dough starts to come together. Dump onto a surface dusted with flour and shape into a flat disk. Press the dough into a 10-inch-round or 9-inch-square false-bottom tart pan, making sure that the finished edge is flat. Chill until firm.
- ☐ Meanwhile, preheat the oven to 350 degrees F.
- ☐ Butter 1 side of a square of aluminum foil to fit inside the chilled tart and place it, buttered side down, on the pastry. Fill with beans or rice.
- ☐ Bake for 20 minutes.
- ☐ Remove the foil and beans, prick the tart all over with the tines of a fork, and bake again for 20 to 25 minutes more, or until lightly browned. Allow to cool to room temperature.
- ☐ Remove the zest of the lemons with a vegetable peeler or zester, being careful to avoid the white pith. Squeeze the lemons to make 1/2 cup of juice and set the juice aside.

- ☐ Put the zest in a food processor fitted with a steel blade.
- ☐ Add the sugar and process for 2 to 3 minutes, until the zest is very finely minced. In the bowl of an electric mixer fitted with a paddle attachment, cream the butter with the sugar and lemon zest.
- ☐ Add the eggs, 1 at a time, and then add the lemon juice and salt.
- ☐ Mix until combined.
- ☐ Pour the mixture into a 2-quart saucepan and cook over low heat, stirring constantly, until thickened, about 10 minutes. The lemon curd will thicken at about 175 degrees F, or just below a simmer.
- ☐ Remove from the heat.
- ☐ Fill the tart shell with warm lemon curd and allow to set at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.07, Glycemic Load:40.72, Inflammation Score:-6, Nutrition Score:8.3456521448882%

Flavonoids

Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg Hesperetin: 12.05mg, Hesperetin: 12.05mg, Hesperetin: 12.05mg, Hesperetin: 12.05mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 480.52kcal (24.03%), Fat: 25.43g (39.12%), Saturated Fat: 15.21g (95.04%), Carbohydrates: 60.76g (20.25%), Net Carbohydrates: 58.96g (21.44%), Sugar: 41.18g (45.76%), Cholesterol: 143.83mg (47.94%), Sodium: 69.57mg (3.02%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 5.8g (11.59%), Vitamin C: 22.9mg (27.75%), Selenium: 14.99µg (21.41%), Vitamin A: 833.68IU (16.67%), Folate: 56.16µg (14.04%), Vitamin B2: 0.24mg (13.91%), Vitamin B1: 0.2mg (13.29%), Iron: 1.69mg (9.4%), Manganese: 0.17mg (8.58%), Phosphorus: 81.65mg (8.17%), Fiber: 1.8g (7.2%), Vitamin B3: 1.36mg (6.82%), Vitamin E: 0.97mg (6.44%), Vitamin D: 0.87µg (5.8%), Vitamin B5: 0.55mg (5.52%), Vitamin B6: 0.08mg (4.16%), Vitamin B12: 0.25µg (4.12%), Copper: 0.07mg (3.55%), Potassium: 121.79mg (3.48%), Calcium: 34.25mg (3.43%), Zinc: 0.5mg (3.32%), Magnesium: 11.54mg (2.89%), Vitamin K: 2.1µg (2%)