



Lemon Curd Tart with Olive Oil

 Vegetarian

READY IN



240 min.

SERVINGS



6

CALORIES



346 kcal

DESSERT

Ingredients

- 2 tablespoons almonds with skins, toasted and cooled
- 0.3 cup powdered sugar
- 2 teaspoons cornstarch
- 1 large egg yolk
- 2 large egg yolk whole
- 0.8 cup flour all-purpose
- 0.8 cup granulated sugar
- 3 large optional: lemon

- 2 tablespoons olive oil fruity french (preferably)
- 1 pinch sea salt fine
- 0.5 stick butter unsalted cut into 1/2-inch cubes

Equipment

- food processor
- frying pan
- sauce pan
- oven
- whisk
- offset spatula

Directions

- Preheat oven to 425°F with rack in middle.
- Pulse almonds with flour, sugar, and sea salt to a fine powder in a food processor.
- Add butter and pulse until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- Add yolk and oil and pulse until just incorporated and a very soft dough has formed.
- Spread dough evenly over bottom and up side of pan with offset spatula. Chill until firm, about 30 minutes.
- Bake shell until golden brown all over, about 13 minutes.
- Transfer to a rack to cool completely, about 30 minutes.
- Grate enough zest from lemons to measure 1 tablespoon, then squeeze 3/4 cup juice from lemons.
- Whisk together lemon zest and juice, sugar, cornstarch, whole eggs, and yolks in a medium saucepan and bring to a boil over medium heat, whisking constantly. Boil, whisking, 2 minutes.
- Remove from heat and whisk in butter and oil until smooth.
- Pour lemon curd into cooled shell and chill until set, at least 2 hours.
- Tart shell can be made 1 day ahead and kept, loosely covered, at room temperature. •• Assembled tart can be chilled up to 4 hours.

Nutrition Facts

PROTEIN 4.82% FAT 41.44% CARBS 53.74%

Properties

Glycemic Index:30.1, Glycemic Load:27.01, Inflammation Score:-4, Nutrition Score:8.0152173456938%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 11.54mg, Eriodictyol: 11.54mg, Eriodictyol: 11.54mg, Eriodictyol: 11.54mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 346.22kcal (17.31%), Fat: 16.62g (25.56%), Saturated Fat: 6.46g (40.41%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 46.13g (16.77%), Sugar: 31.43g (34.92%), Cholesterol: 112.05mg (37.35%), Sodium: 13.5mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin C: 28.62mg (34.69%), Selenium: 10.7µg (15.29%), Vitamin E: 2.05mg (13.69%), Folate: 48.69µg (12.17%), Vitamin B1: 0.17mg (11.1%), Vitamin B2: 0.18mg (10.57%), Manganese: 0.21mg (10.28%), Fiber: 2.36g (9.43%), Iron: 1.45mg (8.06%), Phosphorus: 77.04mg (7.7%), Vitamin A: 369.81IU (7.4%), Vitamin B3: 1.1mg (5.52%), Vitamin B5: 0.45mg (4.51%), Copper: 0.09mg (4.37%), Magnesium: 17.39mg (4.35%), Vitamin B6: 0.08mg (4.23%), Vitamin D: 0.6µg (4%), Calcium: 38.94mg (3.89%), Potassium: 127.87mg (3.65%), Vitamin K: 3.57µg (3.4%), Vitamin B12: 0.18µg (3.03%), Zinc: 0.45mg (3.02%)