



Lemon-Honey Tart with Salted Shortbread Crust

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 2 large egg yolks
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 thin-skinned regular lemon

- ☐ 0.7 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.7 cup powdered sugar
- ☐ 1 cup sugar
- ☐ 0.8 cup butter unsalted cut into 1" pieces room temperature ()

Equipment

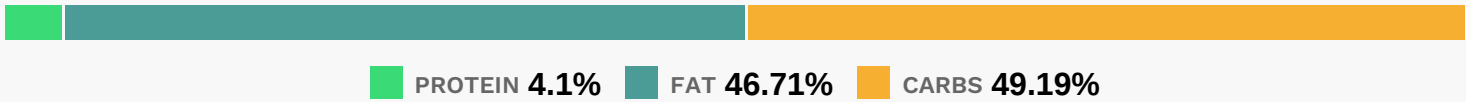
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ mandoline
- ☐ springform pan

Directions

- ☐ Coat springform pan with nonstickspray.
- ☐ Whisk flour, cornstarch, and salt in a small bowl; set aside.
- ☐ Place butter and powdered sugar in a food processor. Pulse until mixture is smooth.
- ☐ Add dry ingredients to food processor and pulse until mixture resembles medium-size pebbles (dough will not come together completely).
- ☐ Transfer dough to prepared pan. Using your fingers, press dough evenly onto bottom and 1 1/2" up sides of pan. DO AHEAD: Crust can be prepared 1 day ahead. Cover and chill.
- ☐ Using a mandoline, slice lemon into paper-thin rounds.
- ☐ Remove seeds. (If using a regular lemon, blanch slices in boiling water for 4 minutes, drain, and let cool before proceeding).
- ☐ Mix sugar, honey, and lemon zest in a medium bowl.
- ☐ Add lemon slices and toss to coat.

- ☐ Let sit until lemon is softened and sugar is dissolved, 30–45 minutes. DO AHEAD: Lemon slice mixture can be made 1 day ahead. Cover and chill.
- ☐ Place rack in upper third of oven; preheat to 325°F.
- ☐ Bake crust until center is firm to the touch and edges are beginning to turn golden brown, 30–35 minutes.
- ☐ When crust is almost done baking, whisk eggs and egg yolks in a medium bowl to blend.
- ☐ Whisk flour, cornstarch, and salt in a small bowl; add to egg mixture and whisk to combine.
- ☐ Whisk in lemon juice.
- ☐ Add lemon slice mixture; mix gently to combine.
- ☐ Reduce oven temperature to 300°F.
- ☐ Pour filling into hot crust.
- ☐ Bake until filling is set and slightly puffed around edges, 25–30 minutes.
- ☐ Transfer pan to a wire rack; let cool completely. Chill for at least 4 hours, then unmold.
- ☐ Serve cold. DO AHEAD: Tart can be made 2 days ahead. Cover and keep chilled.

Nutrition Facts



Properties

Glycemic Index: 24.84, Glycemic Load: 18.84, Inflammation Score: -4, Nutrition Score: 4.5595651761345%

Flavonoids

Eriodictyol: 5.68mg, Eriodictyol: 5.68mg, Eriodictyol: 5.68mg, Eriodictyol: 5.68mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 302.63kcal (15.13%), Fat: 16.31g (25.1%), Saturated Fat: 9.56g (59.72%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 37.75g (13.73%), Sugar: 33.74g (37.49%), Cholesterol: 129.12mg (43.04%), Sodium: 84.22mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin C: 14.89mg (18.05%), Selenium: 8.08µg (11.54%), Vitamin A: 561.63IU (11.23%), Vitamin B2: 0.12mg (7.13%), Phosphorus: 55.05mg (5.5%), Folate: 21.37µg (5.34%), Vitamin D: 0.74µg (4.93%), Vitamin E: 0.68mg (4.56%), Vitamin B5: 0.42mg (4.21%), Iron: 0.71mg

(3.95%), Vitamin B12: 0.23µg (3.81%), Fiber: 0.91g (3.63%), Vitamin B1: 0.05mg (3.22%), Vitamin B6: 0.06mg (3.15%), Calcium: 25.76mg (2.58%), Zinc: 0.34mg (2.29%), Manganese: 0.04mg (2.13%), Potassium: 73.33mg (2.1%), Copper: 0.04mg (1.77%), Magnesium: 5.35mg (1.34%), Vitamin K: 1.27µg (1.21%), Vitamin B3: 0.24mg (1.2%)