



## Lemon Meringue Tart

READY IN



120 min.

SERVINGS



8

CALORIES



543 kcal

DESSERT

### Ingredients

- ☐ 6 tablespoons butter unsalted diced cold
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 extra large egg whites at room temperature
- ☐ 3 extra large egg yolks for the meringue save the whites
- ☐ 4 extra large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup ice water
- ☐ 0.1 teaspoon kosher salt
- ☐ 8 servings kosher salt

- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 0.3 cup lemon zest finely grated 6 to 8 lemons
- ☐ 0.5 cup sugar
- ☐ 1.5 cups sugar
- ☐ 0.3 pound butter unsalted at room temperature 1 stick
- ☐ 2 tablespoons vegetable shortening cold recommended: Crisco

## Equipment

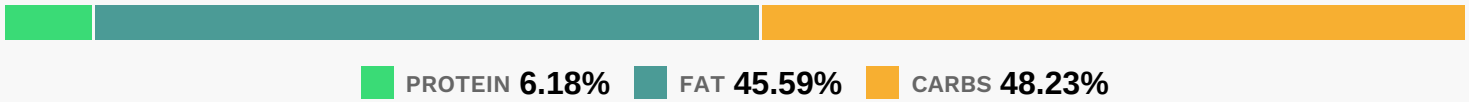
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tart form

## Directions

- ☐ Combine the flour, 3 tablespoons of the sugar, and 1/2 teaspoon salt in a bowl and place in the freezer for 30 minutes.
- ☐ Put the flour mixture in the bowl of a food processor fitted with a steel blade.
- ☐ Add the butter and shortening and pulse about 10 times until the butter is in small bits.
- ☐ Add the ice water and process until the dough comes together. Dump on a well-floured board and form into a disk. Wrap in plastic and chill for at least 30 minutes.
- ☐ Meanwhile, preheat the oven to 375 degrees F.

- ☐ Roll out the dough and fit into a 9-inch tart pan with removable sides. Don't stretch the dough when placing it in the pan or it will shrink during baking.
- ☐ Cut off the excess by rolling the pin across the top of the pan. Line the tart shell with a piece of buttered aluminum foil, butter side down, and fill it with dried beans or rice.
- ☐ Bake for 10 minutes.
- ☐ Remove the beans and foil and prick the bottom of the shell all over with a fork to allow the steam to escape.
- ☐ Bake for another 15 to 20 minutes, until lightly browned. Set aside to cool.
- ☐ Raise the oven temperature to 425 degrees F.
- ☐ For the meringue, whip the egg whites, cream of tartar, and 1/4 teaspoon salt in the bowl of an electric mixer fitted with the whisk attachment on high speed until frothy. With the mixer still running, slowly add the remaining 1/2 cup of sugar and beat until the meringue is thick and shiny, about 2 minutes.
- ☐ Immediately spread the lemon filling in the cooled tart shell and pipe the meringue over it with a large star tip. Be sure the meringue covers the entire top and touches the edges of the shell, to prevent it from shrinking.
- ☐ Bake for 3 to 5 minutes, until the meringue is lightly browned. Cool to room temperature.
- ☐ Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment for 1 minute. On low speed, add the eggs and egg yolks one at a time, and then add the lemon zest, lemon juice, and salt. Don't worry; it will look curdled.
- ☐ Pour the mixture into a small saucepan and cook over medium-low heat for 8 to 10 minutes, until thick, stirring constantly with a wooden spoon.
- ☐ Whisk briskly when it starts to thicken and cook over low heat for 1 to 2 minutes, whisking constantly. Don't allow it to boil! It will be 175 degrees F on an instant-read thermometer.
- ☐ Pour into a bowl and cool to room temperature.

## Nutrition Facts



## Properties

Glycemic Index:26.9, Glycemic Load:45.69, Inflammation Score:-5, Nutrition Score:9.032173851262%

## 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: 543.38kcal (27.17%), Fat: 28.09g (43.21%), Saturated Fat: 15.03g (93.96%), Carbohydrates: 66.86g (22.29%), Net Carbohydrates: 65.97g (23.99%), Sugar: 50.72g (56.36%), Cholesterol: 230.11mg (76.7%), Sodium: 302.51mg (13.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Selenium: 22.58µg (32.26%), Vitamin B2: 0.35mg (20.5%), Vitamin A: 867.57IU (17.35%), Folate: 63.54µg (15.88%), Vitamin B1: 0.18mg (12.29%), Vitamin C: 9.77mg (11.84%), Phosphorus: 112.62mg (11.26%), Iron: 1.67mg (9.26%), Vitamin D: 1.29µg (8.63%), Vitamin E: 1.28mg (8.53%), Vitamin B5: 0.82mg (8.24%), Manganese: 0.15mg (7.6%), Vitamin B12: 0.44µg (7.27%), Vitamin B3: 1.23mg (6.14%), Zinc: 0.7mg (4.68%), Vitamin B6: 0.09mg (4.68%), Calcium: 40.13mg (4.01%), Potassium: 134.29mg (3.84%), Fiber: 0.89g (3.57%), Copper: 0.07mg (3.56%), Vitamin K: 3.62µg (3.45%), Magnesium: 11.58mg (2.9%)