



Lemon & Pine Nut Sheep's Milk Ricotta Tart

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



563 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 3 cup flour all-purpose
- ☐ 50 gram granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest
- ☐ 2.5 cup pinenuts lightly toasted
- ☐ 350 gram sheep's milk ricotta
- ☐ 1 pint strawberries fresh washed and halved

- ☐ 1 teaspoon vanilla

Equipment

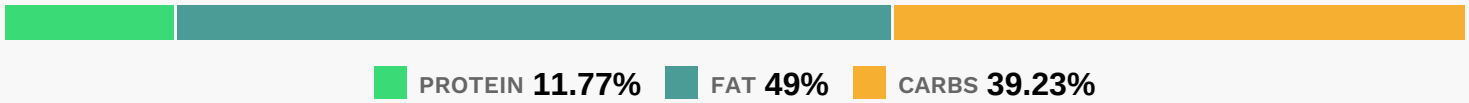
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Place 2 cups of the pine nuts in a food processor and pulse a few times.
- ☐ Add the sugar and flour and continue to pulse until the nuts are finely ground.
- ☐ Transfer the mixture to a large bowl.
- ☐ Add the butter, 1 egg, and vanilla extract and mix to incorporate all the ingredients (the dough can be mixed by hand or in a mixer fitted with the paddle attachment). Divide the dough into three equal parts. Wrap each piece in plastic wrap and refrigerate for at least 10 minutes before using. Preheat oven to 350 degrees F. Generously butter and flour a 4 x 13-inch rectangular or 9-inch round fluted tart pan with a removable bottom and refrigerate it while the oven preheats.
- ☐ Remove the tart pan from the refrigerator. Use your fingertips to press the chilled pine nut dough evenly over the bottom and up the sides of the pan. Trim off any excess dough.
- ☐ Bake the crust for 10 to 15 minutes, then rotate it and bake for another 10 to 15 minutes, or until it is golden brown.
- ☐ Add the 2 remaining eggs, ricotta, sugar, lemon zest and juice to a medium-sized bowl and mix until fluffy and well combined.
- ☐ Add ¼ of the pine nuts and stir to incorporate.
- ☐ Pour the mixture into the slightly cooled pastry shell. Top the pastry with the remaining pine nuts, pressing down on them gently to assure that they adhere.

Bake the tart in the middle of the oven for 20 minutes, until the filling is lightly set. cool, remove from the tin and serve with fresh strawberries (optional).

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:31.59, Inflammation Score:-7, Nutrition Score:24.308695730956%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 562.82kcal (28.14%), Fat: 31.32g (48.18%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 56.41g (18.8%), Net Carbohydrates: 52.3g (19.02%), Sugar: 12.53g (13.92%), Cholesterol: 76.75mg (25.58%), Sodium: 75.16mg (3.27%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 16.92g (33.84%), Manganese: 4.27mg (213.45%), Vitamin C: 39.03mg (47.31%), Vitamin B1: 0.55mg (36.37%), Phosphorus: 345.25mg (34.53%), Copper: 0.67mg (33.45%), Selenium: 22.23µg (31.76%), Magnesium: 126.77mg (31.69%), Folate: 124.76µg (31.19%), Vitamin E: 4.35mg (28.97%), Iron: 5.09mg (28.3%), Vitamin B2: 0.43mg (25.26%), Vitamin B3: 4.87mg (24.37%), Vitamin K: 24.24µg (23.08%), Zinc: 3.38mg (22.54%), Fiber: 4.11g (16.45%), Potassium: 428.3mg (12.24%), Calcium: 105.32mg (10.53%), Vitamin B5: 0.71mg (7.11%), Vitamin B6: 0.12mg (6.24%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Vitamin A: 121.41IU (2.43%)