



Lemon-Pistachio Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



651 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1 large egg yolk
- ☐ 3 large egg yolks
- ☐ 3 large eggs
- ☐ 3 tablespoons ice water ()
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted (2 sticks)
- ☐ 0.5 cup pistachios unsalted shelled
- ☐ 1.5 teaspoons vanilla extract
- ☐ 4 teaspoons water

Equipment

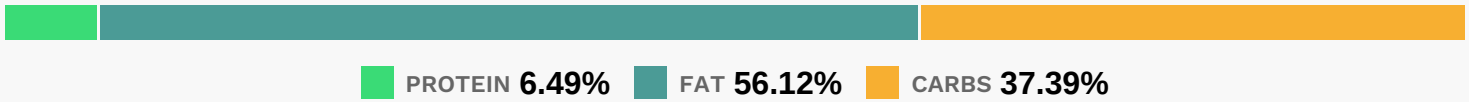
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Combine flour and salt in processor.
- ☐ Add butter; cut in, using on/off turns, until mixture resembles coarse meal.
- ☐ Add egg yolk and 3 tablespoons ice water. Process until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather into ball; flatten into disk. Wrap in plastic; chill 30 minutes. (Can be made 1 day ahead. Keep chilled.)
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough on lightly floured surface to 12-inch round.
- ☐ Transfer dough to 9-inch-diameter tart pan with removable bottom. Fold in overhang and press, forming high-standing rim. Pierce all over with fork. Cover and freeze 20 minutes.
- ☐ Bake crust until deep golden, about 40 minutes.
- ☐ Transfer to rack; cool.
- ☐ Melt butter in heavy medium saucepan over medium heat.
- ☐ Whisk in 1 cup sugar and next 5 ingredients. Cook until mixture thickens, whisking constantly, about 10 minutes. Reduce heat to low and whisk 2 minutes longer.
- ☐ Pour hot filling into crust. Chill uncovered until filling is set, about 2 hours.

- ☐
- Line small baking sheet with foil. Stir 2 tablespoons sugar and 4 teaspoons water in heavy small saucepan over low heat until sugar dissolves. Increase heat; boil without stirring until pale golden, about 6 minutes.
- ☐
- Add pistachios and stir to coat.
- ☐
- Spread pistachios in single layer on prepared sheet. Cool completely. Coarsely chop pistachios. (Tart and pistachios can be made 1 day ahead. Cover tart; keep chilled. Store pistachios airtight at room temperature.
- ☐
- Let tart stand at room temperature 20 minutes before serving.
- ☐
- Sprinkle pistachios in 2-inch border around edge of tart.
- ☐
- Cut tart into wedges.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:40.52, Inflammation Score:-7, Nutrition Score:13.117826233739%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 650.55kcal (32.53%), Fat: 41.21g (63.4%), Saturated Fat: 21.93g (137.07%), Carbohydrates: 61.78g (20.59%), Net Carbohydrates: 59.73g (21.72%), Sugar: 34.83g (38.7%), Cholesterol: 296.74mg (98.91%), Sodium: 144.4mg (6.28%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 10.72g (21.43%), Selenium: 26.24µg (37.49%), Vitamin A: 1271.74IU (25.43%), Folate: 94.69µg (23.67%), Vitamin B1: 0.35mg (23.49%), Vitamin B2: 0.38mg (22.08%), Phosphorus: 185.87mg (18.59%), Manganese: 0.36mg (18.04%), Iron: 2.66mg (14.75%), Vitamin E: 1.7mg (11.31%), Vitamin D: 1.68µg (11.2%), Vitamin B6: 0.22mg (11%), Copper: 0.22mg (10.9%), Vitamin B3: 2.04mg (10.22%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.51µg (8.46%), Vitamin C: 6.84mg (8.3%), Fiber: 2.05g (8.18%), Zinc: 1.09mg (7.27%), Potassium: 210.62mg (6.02%), Magnesium: 23.57mg (5.89%), Calcium: 56.34mg (5.63%), Vitamin K: 4.25µg (4.05%)