



Lemon Soufflé Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



548 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 10 large egg whites
- ☐ 4 large egg yolks
- ☐ 4 large eggs
- ☐ 10 tablespoons juice of lemon fresh
- ☐ 0.3 cup lemon zest finely grated
- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 servings powdered sugar

- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 0.8 cup butter unsalted cut into 1/2-inch cubes

Equipment

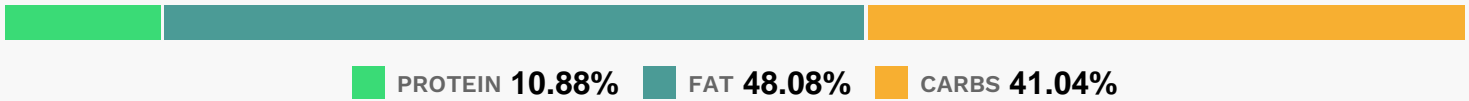
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Combine flour, sugar, and salt in processor.
- ☐ Add butter. Using on/off turns, cut in butter until coarse meal forms.
- ☐ Add yolks and process until moist clumps form. Gather dough into ball. Divide into 6 equal portions. Press 1 dough portion over bottom and up sides of 4 1/4- to 4 1/2-inch-diameter tartlet pan with 3/4-inch-high sides and removable bottom. Repeat with remaining dough, forming 6 tartlets total.
- ☐ Place on rimmed baking sheet, cover with plastic, and chill 1 hour. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Preheat oven to 375°F.
- ☐ Bake crusts until golden, pressing with back of fork if crusts bubble, about 20 minutes. Cool.
- ☐ Whisk eggs, yolks, 3/4 cup sugar, and lemon peel in medium metal bowl.
- ☐ Place bowl over saucepan of barely simmering water; whisk until sugar dissolves, about 1 minute. Stir in lemon and lime juices.
- ☐ Whisk until mixture thickens, about 4 minutes.

- ☐ Remove from heat; add butter in 3 additions, whisking until smooth. Strain lemon curd through fine sieve into medium bowl. Press plastic directly onto surface of curd. Chill until cold, at least 5 hours.
- ☐ Preheat oven to 425°F.
- ☐ Place 1 1/4 cups lemon curd in large bowl; reserve. Divide remaining curd among tartlet crusts, spreading evenly over bottoms.
- ☐ Using electric mixer, beat egg whites in large bowl until frothy.
- ☐ Add salt and beat until soft peaks form. Gradually add remaining 6 tablespoons sugar, beating until stiff but not dry. Fold half of egg whites into reserved lemon curd. Gently fold in remaining whites. Divide egg-white mixture among tartlets, sealing to crust edges and mounding in center.
- ☐ Bake until filling is golden brown and set, about 13 minutes.
- ☐ Let tartlets stand at room temperature 5 minutes. Push pan bottoms up, releasing tartlets.
- ☐ Transfer tartlets to plates. Dust tartlets with powdered sugar and serve warm or let stand up to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:31.83, Inflammation Score:-6, Nutrition Score:13.217826045078%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.29mg, Hesperetin: 4.29mg, Hesperetin: 4.29mg, Hesperetin: 4.29mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 548.25kcal (27.41%), Fat: 29.7g (45.69%), Saturated Fat: 16.75g (104.71%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 55.66g (20.24%), Sugar: 34.42g (38.24%), Cholesterol: 307.41mg (102.47%), Sodium: 155.31mg (6.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.25%), Selenium: 36.96µg (52.8%), Vitamin B2: 0.61mg (35.73%), Vitamin C: 18.81mg (22.79%), Folate: 89.36µg (22.34%), Vitamin A: 1060.43IU (21.21%), Vitamin B1: 0.25mg (16.83%), Phosphorus: 157.07mg (15.71%), Iron: 2.24mg (12.43%), Vitamin B5: 1.16mg (11.59%), Vitamin D: 1.7µg (11.36%), Manganese: 0.21mg (10.3%), Vitamin B12: 0.62µg (10.26%), Vitamin E: 1.38mg (9.22%), Vitamin B3: 1.69mg (8.45%), Vitamin B6: 0.13mg (6.75%), Potassium: 226.4mg (6.47%), Zinc: 0.95mg (6.33%), Calcium:

57.88mg (5.79%), Fiber: 1.37g (5.49%), Copper: 0.1mg (5.03%), Magnesium: 19.81mg (4.95%), Vitamin K: 2.29µg (2.18%)