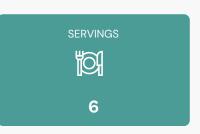


Lemon Soufflé Tartlets

Vegetarian







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

1.3 cups flour

- 10 large egg whites
- 4 large egg yolk
- 4 large eggs
- 10 tablespoons juice of lemon fresh
- 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
Εq	uipment
	bowl
	frying pan
	baking sheet
	sauce pan
	oven
	whisk
	sieve
	hand mixer
	. .
Dii	rections
	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:12.610434874244%

Flavonoids

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

PROTEIN 10.9% FAT 48.39% CARBS 40.71%

Nutrients (% of daily need)

Calories: 545.75kcal (27.29%), Fat: 29.68g (45.67%), Saturated Fat: 16.75g (104.7%), Carbohydrates: 56.18g (18.73%), Net Carbohydrates: 55.37g (20.13%), Sugar: 34.2g (37.99%), Cholesterol: 307.41mg (102.47%), Sodium: 154.99mg (6.74%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 15.05g (30.09%), Selenium: 36.92µg (52.75%), Vitamin B2: 0.6mg (35.47%), Folate: 88.67µg (22.17%), Vitamin A: 1057.77IU (21.16%), Vitamin B1: 0.25mg (16.61%), Phosphorus: 156.43mg (15.64%), Vitamin C: 11.93mg (14.45%), Iron: 2.19mg (12.19%), Vitamin B5: 1.14mg (11.42%), Vitamin D: 1.7µg (11.36%), Manganese: 0.21mg (10.3%), Vitamin B12: 0.62µg (10.26%), Vitamin E: 1.37mg (9.14%), Vitamin B3: 1.67mg (8.34%), Vitamin B6: 0.13mg (6.29%), Zinc: 0.94mg (6.25%), Potassium: 217.86mg (6.22%), Calcium: 50.74mg (5.07%), Copper: 0.1mg (4.79%), Magnesium: 19.01mg (4.75%), Fiber: 0.81g (3.23%), Vitamin K: 2.29µg (2.18%)