



## Lemon Soufflé Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



546 kcal

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

## 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

**PROTEIN 10.9%** **FAT 48.39%** **CARBS 40.71%**

### 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, 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: 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: 0g (100%), Alcohol %: 0% (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%)