



Lemon Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

DESSERT

Ingredients

- 1.3 cups flour
- 2 ounces almonds
- 3 tablespoons crème fraîche sour
- 4 large eggs
- 2 tablespoons water ()
- 0.7 cup juice of lemon fresh
- 0.3 teaspoon salt
- 0.5 cup sugar

- 6 tablespoons butter unsalted chilled cut into 1/2-inch pieces ()

Equipment

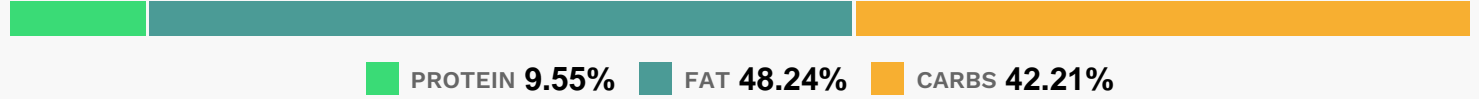
- bowl
- frying pan
- oven
- whisk
- aluminum foil
- tart form

Directions

- Finely grind almonds in processor.
- Add flour, sugar and salt and process until blended.
- Add butter and process until mixture resembles coarse meal. With machine running, add ice water, 1 tablespoonful at a time, and blend until moist clumps form, adding more water if dry. Gather dough into ball; flatten into disk. Wrap in plastic; chill at least 1 hour and up to 1 day.
- Preheat oven to 375°F.
- Roll out dough on floured surface to 12-inch round.
- Transfer to 9-inch-diameter tart pan with removable bottom. Fold dough overhang in, pressing to adhere and forming double-thick sides. Pierce dough all over with fork. Freeze 20 minutes.
- Bake crust until set and light golden, piercing with fork if crust bubbles, about 30 minutes. Cool crust on rack 15 minutes. Maintain oven temperature.
- Whisk lemon juice and sugar in medium bowl to blend.
- Whisk in crème fraîche.
- Whisk in eggs 1 at a time until well blended.
- Pour mixture into crust.
- Bake tart until filling is set, covering crust edges with foil if browning too quickly, about 35 minutes. Cool tart completely in pan on rack. Refrigerate until cold, about 2 hours. (Can be prepared 1 day ahead. Keep refrigerated.)

- Remove pan sides.
- Garnish tart with lemon slices, if desired.
- Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:19.39, Glycemic Load:19.57, Inflammation Score:-4, Nutrition Score:8.41434789222222%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 284.67kcal (14.23%), Fat: 15.58g (23.98%), Saturated Fat: 6.94g (43.36%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 29.21g (10.62%), Sugar: 13.6g (15.11%), Cholesterol: 118.23mg (39.41%), Sodium: 111.7mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Selenium: 14.95µg (21.36%), Vitamin B2: 0.31mg (18.12%), Vitamin E: 2.38mg (15.87%), Manganese: 0.31mg (15.31%), Folate: 55.26µg (13.82%), Vitamin B1: 0.18mg (12.28%), Phosphorus: 112.25mg (11.23%), Vitamin C: 7.91mg (9.59%), Iron: 1.64mg (9.08%), Vitamin A: 426.72IU (8.53%), Vitamin B3: 1.46mg (7.28%), Magnesium: 28.35mg (7.09%), Copper: 0.13mg (6.32%), Fiber: 1.47g (5.9%), Vitamin B5: 0.56mg (5.55%), Zinc: 0.72mg (4.78%), Calcium: 44.56mg (4.46%), Vitamin D: 0.66µg (4.38%), Vitamin B12: 0.25µg (4.16%), Potassium: 136.7mg (3.91%), Vitamin B6: 0.07mg (3.62%)