



Lemon Tart

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

DESSERT

Ingredients

- 2 large eggs cold
- 3 ounces butter unsalted cold cut into 6 pieces
- 2 large egg yolk cold
- 0.8 cup sugar
- 8 servings flour for the tart pan
- 0.5 cup juice of lemon fresh
- 0.3 pinenuts

Equipment

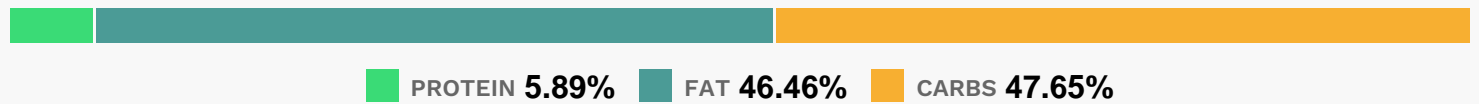
- bowl
- frying pan
- baking sheet
- oven
- whisk
- pot
- broiler
- tart form

Directions

- Preheat the oven to 350°F. Generously butter and flour a 9-inch fluted tart pan with a removable bottom and refrigerate it while the oven preheats.
- Remove the tart pan from the refrigerator. Use your fingertips to press the chilled pine nut dough evenly over the bottom and up the sides of the pan. Trim off any excess dough.
- Bake the crust for 10 to 15 minutes, then rotate it and bake for another 10 to 15 minutes, or until it is golden brown.
- Remove the crust from the oven and let it cool while you make the filling. (There may be some cracks in the crust; they will not affect the finished tart.)
- Bring about 1 1/2 inches of water to a boil in a pot that is slightly smaller than the diameter of the bowl you will be using for the sabayon. Meanwhile, in a large metal bowl, whisk the eggs, yolks, and sugar for about 1 minute, or until the mixture is smooth.
- Set the bowl over the pot and, using a large whisk, whip the mixture while you turn the bowl (for even heating). After about 2 minutes, when the eggs are foamy and have thickened, add one-third of the lemon juice. Continue to whisk vigorously and, when the mixture thickens again, add another one-third of the lemon juice.
- Whisk until the mixture thickens again, then add the remaining lemon juice. Continue whisking vigorously, still turning the bowl, until the mixture is thickened and light in color and the whisk leaves a trail in the bottom of the bowl. The total cooking time should be 8 to 10 minutes.
- Turn off the heat and leave the bowl over the water.
- Whisk in the butter a piece at a time. The sabayon may loosen slightly, but it will thicken and set as it cools.
- Pour the warm sabayon into the tart crust and place the pan on a baking sheet.

- Preheat the broiler. While the sabayon is still warm, place the tart under the broiler. Leaving the door open, brown the top of the sabayon, rotating the tart if necessary for even color; this will take only a few seconds, so do not leave the oven.
- Remove the tart from the broiler and let it sit for at least 1 hour before serving.
- Serve at room temperature or cold.
- Bouchon
- Artisan

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:17.23, Inflammation Score:-3, Nutrition Score:3.9000000461288%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 210.91kcal (10.55%), Fat: 11.14g (17.13%), Saturated Fat: 6.28g (39.24%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 25.46g (9.26%), Sugar: 19.19g (21.33%), Cholesterol: 115.26mg (38.42%), Sodium: 21.45mg (0.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Selenium: 8.99µg (12.85%), Vitamin A: 395.38IU (7.91%), Vitamin B2: 0.13mg (7.42%), Folate: 29.19µg (7.3%), Vitamin C: 5.9mg (7.15%), Phosphorus: 53.44mg (5.34%), Vitamin B1: 0.08mg (5.05%), Vitamin D: 0.64µg (4.26%), Iron: 0.71mg (3.94%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.21µg (3.54%), Vitamin E: 0.52mg (3.46%), Manganese: 0.06mg (3.18%), Vitamin B3: 0.47mg (2.37%), Vitamin B6: 0.05mg (2.34%), Zinc: 0.33mg (2.22%), Calcium: 17.27mg (1.73%), Copper: 0.03mg (1.45%), Potassium: 48.79mg (1.39%), Magnesium: 4.59mg (1.15%)