



Lemon Tart: Crostata di Limone

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 1 eggs separated
- ☐ 1.8 cup flour all-purpose
- ☐ 0.5 cup ground almonds toasted
- ☐ 2 juice of lemon juiced
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 4 ounces butter unsalted 1 stick

Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ double boiler
- ☐ tart form

Directions

- ☐ Grease the bottom and sides of a 9-inch tart pan with butter and set aside.
- ☐ Toss together the flour, almonds, and sugar.
- ☐ Cut the butter into the dry mixture until it is the consistency of fine bread crumbs.
- ☐ Add 1 egg and salt and mix well, kneading slightly. Form the pastry into a ball, wrap in plastic wrap, and refrigerate while you make the filling.
- ☐ Beat the 4 egg yolks with the sugar until very thick, then beat in the lemon zest and juice.
- ☐ Transfer the mixture to the top of a double boiler and set over barely simmering water. Cook, stirring constantly, until the mixture becomes thick, about 15 to 20 minutes.
- ☐ Remove from the heat and set aside to cool slightly.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Roll the dough, if you can, between 2 sheets of waxed paper.
- ☐ Place in a pan and prick the dough with a fork all over the bottom, line with waxed paper, and fill with dried beans or rice to keep the bottom from puffing.
- ☐ Place in the oven and bake 10 minutes, then remove the paper and beans, and cook an additional 5 minutes.
- ☐ Meanwhile, beat the 4 egg whites until very stiff and fold them into the cooled lemon mixture.
- ☐ Remove the pie casing from the oven and reduce the temperature to 325 degrees F.
- ☐ Spread the lemon filling over the pie shell and bake for 10 to 15 minutes, or until the filling is thoroughly set.

Nutrition Facts



 **PROTEIN 5.43%**  **FAT 37.63%**  **CARBS 56.94%**

Properties

Glycemic Index:26.9, Glycemic Load:36.91, Inflammation Score:-4, Nutrition Score:5.3895651827688%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 370.54kcal (18.53%), Fat: 15.87g (24.42%), Saturated Fat: 7.74g (48.4%), Carbohydrates: 54.04g (18.01%), Net Carbohydrates: 52.54g (19.1%), Sugar: 31.72g (35.25%), Cholesterol: 50.94mg (16.98%), Sodium: 15.15mg (0.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Selenium: 11.29µg (16.14%), Vitamin B1: 0.22mg (14.62%), Folate: 54.55µg (13.64%), Vitamin B2: 0.17mg (10.12%), Manganese: 0.19mg (9.54%), Iron: 1.65mg (9.19%), Vitamin B3: 1.63mg (8.16%), Vitamin A: 384.38IU (7.69%), Fiber: 1.5g (6.01%), Phosphorus: 44.42mg (4.44%), Vitamin C: 2.9mg (3.52%), Vitamin E: 0.41mg (2.76%), Calcium: 26.05mg (2.6%), Copper: 0.05mg (2.45%), Vitamin B5: 0.23mg (2.29%), Vitamin D: 0.32µg (2.15%), Zinc: 0.28mg (1.88%), Magnesium: 7.41mg (1.85%), Potassium: 48.6mg (1.39%), Vitamin B6: 0.03mg (1.26%), Vitamin B12: 0.07µg (1.22%), Vitamin K: 1.09µg (1.04%)