



## Lime curd tarts with summer berries

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



911 kcal

DESSERT

### Ingredients

- ☐ 250 g flour plain for dusting
- ☐ 140 g butter cut into small pieces
- ☐ 85 g caster sugar
- ☐ 1 eggs beaten
- ☐ 175 juice of lime
- ☐ 175 g caster sugar
- ☐ 200 g butter cut into small pieces
- ☐ 3 large eggs beaten

- ☐ 750 g summer berries
- ☐ 300 ml pot double cream

## Equipment

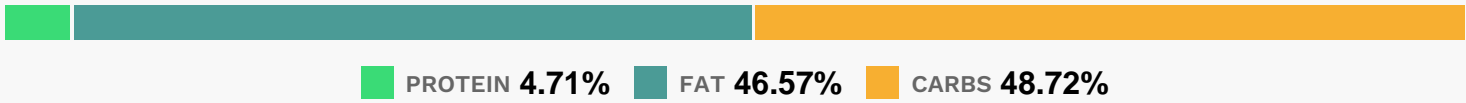
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

## Directions

- ☐ To make the pastry, tip the flour, butter and sugar into the bowl of a food processor and process until fine crumbs form.
- ☐ Add the egg and 1 tbsp cold water, and mix until the dough comes together. Turn out onto a sheet of cling film, wrap and chill for 20 mins.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Cut the dough into 8 equal pieces.
- ☐ Roll out each piece on a lightly floured surface and line 8 individual 10cm tart tins. Set on a large baking sheet and chill again for 20 mins.
- ☐ Line the pastry cases with baking parchment (paper muffin cases are perfect) and baking beans, and bake blind for 10 mins.
- ☐ Remove the paper and beans, and bake for a further 10 mins until golden brown and crisp. Trim the pastry edges using a small, sharp knife.
- ☐ To make the lime curd, put the zest of 2 limes, all the juice, sugar and butter in a heatproof bowl set over a pan of gently simmering water. Stir until the sugar has dissolved and the butter is melted.
- ☐ Stir in the eggs and continue to gently cook until the mixture has thickened enough to coat the back of a spoon.
- ☐ Pour the curd carefully into the pastry cases and sprinkle with remaining lime zest. Leave to cool.

Prepare the fruits, halving the strawberries (if necessary) and mixing everything together. Whip the cream lightly. Set a tart on each plate with a spoonful of cream and heap of fruit on the side. Dust with icing sugar before serving.

## Nutrition Facts



## Properties

Glycemic Index:42.52, Glycemic Load:40.96, Inflammation Score:-10, Nutrition Score:26.590434717095%

## Flavonoids

Cyanidin: 93.7mg, Cyanidin: 93.7mg, Cyanidin: 93.7mg, Cyanidin: 93.7mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 34.74mg, Catechin: 34.74mg, Catechin: 34.74mg, Catechin: 34.74mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg, Epigallocatechin 3–gallate: 0.64mg Eriodictyol: 14.37mg, Eriodictyol: 14.37mg, Eriodictyol: 14.37mg, Eriodictyol: 14.37mg Hesperetin: 58.87mg, Hesperetin: 58.87mg, Hesperetin: 58.87mg, Hesperetin: 58.87mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

## Nutrients (% of daily need)

Calories: 910.91kcal (45.55%), Fat: 51.72g (79.57%), Saturated Fat: 31.39g (196.22%), Carbohydrates: 121.75g (40.58%), Net Carbohydrates: 113.32g (41.21%), Sugar: 49.4g (54.89%), Cholesterol: 224.21mg (74.74%), Sodium: 332.91mg (14.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.55%), Vitamin C: 216.79mg (262.77%), Manganese: 0.95mg (47.27%), Vitamin A: 2276.31IU (45.53%), Folate: 160.43µg (40.11%), Fiber: 8.44g (33.75%), Vitamin B1: 0.45mg (29.83%), Selenium: 20.82µg (29.74%), Potassium: 1033.28mg (29.52%), Vitamin B2: 0.48mg (28.21%), Vitamin E: 4.15mg (27.65%), Vitamin K: 26.85µg (25.57%), Phosphorus: 226.34mg (22.63%), Magnesium: 84.53mg (21.13%), Copper: 0.4mg (20.04%), Vitamin B6: 0.35mg (17.35%), Calcium: 172.75mg (17.28%), Iron: 3.11mg (17.27%), Vitamin B3: 3.44mg (17.21%), Vitamin B5: 1.72mg (17.18%), Zinc: 1.69mg (11.24%), Vitamin D: 1.09µg (7.26%), Vitamin B12: 0.35µg (5.81%)