



Lime Custard Tart

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 8 servings garnish: confectioners sugar
- ☐ 1 large eggs lightly beaten
- ☐ 6 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 0.7 cup juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

☐ 6 tablespoons butter unsalted softened

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ plastic wrap

☐ baking pan

☐ hand mixer

☐ aluminum foil

☐ tart form

Directions

☐ Pulse together all crust ingredients in a food processor or beat with an electric mixer until a dough forms. Press dough evenly onto bottom and up side of tart pan with floured fingers. Chill shell until firm, about 30 minutes.

☐ Preheat oven to 350°F.

☐ Line shell with foil and fill with 1 inch of pie weights, then bake in middle of oven until edge is pale golden, about 22 minutes. Carefully remove foil and bake shell until edge is golden and bottom is pale golden, about 20 minutes more. Cool completely in pan on a rack.

☐ Reduce oven temperature to 300°F.

☐ Mix together all custard ingredients in a bowl with a whisk (do not beat) until just combined. Set tart shell (in tart pan) in a shallow baking pan and pour three fourths of custard into shell. Carefully put tart in middle of oven and pour remaining custard into shell with a small cup.

☐ Bake tart until just set in center, about 1 hour. Cool tart completely in tart pan on rack, then chill, covered, until cold, at least 2 hours. Just before serving, remove side of pan.

☐ • Tart shell can be baked 3 days ahead and kept, wrapped in plastic wrap, at cool room temperature. • Tart can be chilled up to 2 days.

Nutrition Facts



PROTEIN 7.47% **FAT 48.82%** **CARBS 43.71%**

Properties

Glycemic Index:18.14, Glycemic Load:26.08, Inflammation Score:-5, Nutrition Score:8.4213043243989%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 428.28kcal (21.41%), Fat: 23.66g (36.41%), Saturated Fat: 13.63g (85.2%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 47.17g (17.15%), Sugar: 34.19g (37.99%), Cholesterol: 218.94mg (72.98%), Sodium: 217.78mg (9.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.29%), Selenium: 19.94µg (28.49%), Vitamin B2: 0.35mg (20.35%), Vitamin A: 946.05IU (18.92%), Folate: 52.68µg (13.17%), Phosphorus: 126.1mg (12.61%), Vitamin B1: 0.15mg (10.11%), Vitamin D: 1.51µg (10.06%), Iron: 1.56mg (8.66%), Vitamin B5: 0.85mg (8.51%), Vitamin B12: 0.45µg (7.58%), Vitamin C: 6.23mg (7.55%), Vitamin E: 1.03mg (6.87%), Manganese: 0.12mg (6.24%), Calcium: 52.24mg (5.22%), Zinc: 0.77mg (5.16%), Vitamin B3: 1.01mg (5.04%), Vitamin B6: 0.1mg (4.98%), Potassium: 132.16mg (3.78%), Copper: 0.07mg (3.34%), Magnesium: 12.6mg (3.15%), Fiber: 0.5g (2.01%), Vitamin K: 1.99µg (1.89%)