



Lime Meringue Tart

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

522 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter unsalted diced cold ()
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 extra large egg whites at room temperature
- ☐ 4 extra large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup ice water
- ☐ 0.1 teaspoon kosher salt
- ☐ 8 servings kosher salt
- ☐ 0.5 cup juice of lime freshly squeezed

- ☐ 0.3 cup lime zest finely grated (6 to 8 limes)
- ☐ 0.5 cup plus 3 tablespoons sugar
- ☐ 1.5 cups sugar
- ☐ 0.3 pound butter unsalted at room temperature (1 stick)
- ☐ 2 tablespoons vegetable shortening cold (recommended: Crisco)

Equipment

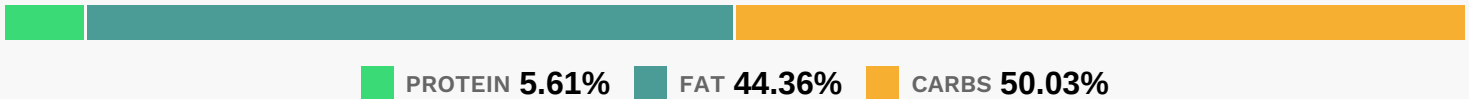
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Combine the flour, 3 tablespoons of the sugar, and 1/2 teaspoon salt in a bowl and place in the freezer for 30 minutes.
- ☐ Put the flour mixture in the bowl of a food processor fitted with a steel blade.
- ☐ Add the butter and Crisco and pulse about 10 times until the butter is in small bits.
- ☐ Add the ice water and process until the dough comes together. Dump on a well-floured board and form into a disk. Wrap in plastic and chill for at least 30 minutes.
- ☐ Meanwhile, preheat the oven to 375 degrees F.

- ☐ Roll out the dough and fit into a 9-inch tart pan with removable sides. Don't stretch the dough when placing it in the pan or it will shrink during baking.
- ☐ Cut off the excess by rolling the pin across the top of the pan. Line the tart shell with a piece of buttered aluminum foil, butter side down, and fill it with dried beans or rice.
- ☐ Bake for 10 minutes.
- ☐ Remove the beans and foil and prick the bottom of the shell all over with a fork to allow the steam to escape.
- ☐ Bake for another 15 to 20 minutes, until lightly browned. Set aside to cool.
- ☐ Raise the oven temperature to 425 degrees F.
- ☐ For the meringue, whip the egg whites, cream of tartar, and 1/4 teaspoon salt in the bowl of an electric mixer fitted with the whisk attachment on high speed until frothy. With the mixer still running, slowly add the remaining 1/2 cup of sugar and beat until the meringue is thick and shiny, about 2 minutes.
- ☐ Immediately spread the lime filling in the cooled tart shell and pipe the meringue over it with a large star tip. Be sure the meringue covers the entire top and touches the edges of the shell, to prevent it from shrinking.
- ☐ Bake for 3 to 5 minutes, until the meringue is lightly browned. Cool to room temperature.
- ☐ Cream the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment for 1 minute. On low speed, add the eggs, one at a time, and then add the lime zest, lime juice, and salt. Don't worry; it will look curdled.
- ☐ Pour the mixture into a small saucepan and cook over medium-low heat for 6 to 8 minutes, until thick, stirring constantly with a wooden spoon.
- ☐ Whisk briskly when it starts to thicken and cook over low heat for a minute or two, whisking constantly. Don't allow it to boil! It will be 175 degrees F on an instant-read thermometer.
- ☐ Pour into a bowl, cover with plastic wrap and chill.

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:45.76, Inflammation Score:-5, Nutrition Score:7.5208695038505%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 521.56kcal (26.08%), Fat: 26.27g (40.42%), Saturated Fat: 14.38g (89.9%), Carbohydrates: 66.68g (22.23%), Net Carbohydrates: 66g (24%), Sugar: 50.48g (56.09%), Cholesterol: 157.21mg (52.4%), Sodium: 299.3mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.95%), Selenium: 18.79µg (26.85%), Vitamin B2: 0.31mg (18.3%), Vitamin A: 776.88IU (15.54%), Folate: 51.99µg (13%), Vitamin B1: 0.17mg (11.45%), Phosphorus: 87.37mg (8.74%), Iron: 1.48mg (8.21%), Manganese: 0.15mg (7.47%), Vitamin E: 1.11mg (7.43%), Vitamin C: 5.41mg (6.56%), Vitamin D: 0.93µg (6.2%), Vitamin B5: 0.62mg (6.17%), Vitamin B3: 1.23mg (6.14%), Vitamin B12: 0.3µg (5.08%), Zinc: 0.55mg (3.65%), Potassium: 127.18mg (3.63%), Vitamin K: 3.68µg (3.51%), Copper: 0.07mg (3.34%), Vitamin B6: 0.06mg (3.24%), Calcium: 29.59mg (2.96%), Magnesium: 11.27mg (2.82%), Fiber: 0.67g (2.69%)