



Lime Tart with Blackberries and Blueberries

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 12 ounce blackberries fresh
- ☐ 1 tablespoon garnish: blackberry jam
- ☐ 6 ounce blueberries fresh
- ☐ 1 large egg yolk
- ☐ 3 large egg yolk
- ☐ 3 large eggs
- ☐ 0.8 cup juice of lime fresh

- ☐ 1 large pinch salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

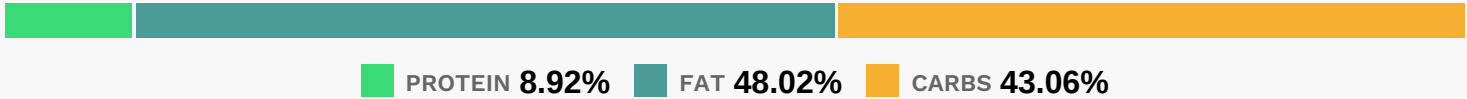
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ Set fine metal strainer over medium bowl and set aside.
- ☐ Whisk eggs, egg yolks, and sugar in another medium metal bowl to blend.
- ☐ Whisk in lime juice. Set bowl over large saucepan of gently simmering water (do not allow bottom of bowl to touch water).
- ☐ Whisk constantly until curd thickens and instant-read thermometer inserted into curd registers 178°F to 180°F, about 6 minutes. Immediately pour curd through prepared strainer set over bowl.
- ☐ Add butter to warm strained curd; let stand 1 minute, then whisk until blended and smooth. Press plastic wrap directly onto surface of curd, covering completely. Refrigerate until cold, about 4 hours. DO AHEAD: Lime curd can be made up to 2 days ahead. Keep chilled.
- ☐ Using electric mixer, beat butter and sugar in medium bowl until well blended, 1 to 2 minutes.
- ☐ Add egg yolk; beat to blend.
- ☐ Add flour and salt and mix on low speed until mixture resembles large peas. Using hands, knead in bowl just until dough comes together.

- ☐ Transfer dough to 9-inch-diameter tartpan with removable bottom. Break dough into pieces, then press dough evenly upside and onto bottom of pan. Cover and chill 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Preheat oven to 350°F. Uncover crust and bake until golden brown, about 35 minutes. Cool completely in pan on rack.
- ☐ Remove sides from tart pan and place crust on plate.
- ☐ Spread lime curd evenly in baked crust. Arrange blackberries in 2 concentric circles just inside edge of tart. Mound blueberries in center of tart.
- ☐ Place jam in small microwave-safe bowl.
- ☐ Heat in microwave until jam is melted, about 15 seconds.
- ☐ Whisk to loosen and blend, adding water by teaspoonfuls if thick.
- ☐ Brush jam over berries. DO AHEAD: Tart can be made up to 8 hours ahead. Chill uncovered.
- ☐ Pressing plastic wrap directly onto the surface of the lime curd makes sure that a skin doesn't form as the custard chills.
- ☐ Brushing the berries with a little blackberry jam gives the fruit topping a shiny, pastry-shop finish.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:14.05, Inflammation Score:-5, Nutrition Score:8.7191303190978%

Flavonoids

Cyanidin: 35.44mg, Cyanidin: 35.44mg, Cyanidin: 35.44mg, Cyanidin: 35.44mg Petunidin: 5.36mg, Petunidin: 5.36mg, Petunidin: 5.36mg, Petunidin: 5.36mg Delphinidin: 6.03mg, Delphinidin: 6.03mg, Delphinidin: 6.03mg, Delphinidin: 6.03mg Malvidin: 11.5mg, Malvidin: 11.5mg, Malvidin: 11.5mg, Malvidin: 11.5mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 13.51mg, Catechin: 13.51mg, Catechin: 13.51mg, Catechin: 13.51mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg

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Nutrients (% of daily need)

Calories: 235.27kcal (11.76%), Fat: 12.84g (19.75%), Saturated Fat: 6.98g (43.65%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 23.18g (8.43%), Sugar: 9.76g (10.85%), Cholesterol: 153.64mg (51.21%), Sodium: 31.56mg (1.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Selenium: 14.06µg (20.09%), Manganese: 0.4mg (19.81%), Vitamin C: 14.41mg (17.47%), Folate: 57.47µg (14.37%), Vitamin B2: 0.21mg (12.15%), Vitamin A: 553.75IU (11.08%), Fiber: 2.73g (10.91%), Vitamin B1: 0.16mg (10.61%), Vitamin K: 11.06µg (10.53%), Phosphorus: 88.27mg (8.83%), Iron: 1.46mg (8.13%), Vitamin E: 1.14mg (7.62%), Vitamin B5: 0.65mg (6.52%), Vitamin B3: 1.26mg (6.29%), Copper: 0.11mg (5.67%), Vitamin D: 0.84µg (5.58%), Vitamin B12: 0.29µg (4.76%), Zinc: 0.69mg (4.62%), Vitamin B6: 0.08mg (4.14%), Potassium: 138.64mg (3.96%), Magnesium: 15.16mg (3.79%), Calcium: 36.12mg (3.61%)