



Matzo Tart with Orange Curd

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 1 large eggs
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup butter cut into chunks
- ☐ 1 cup matzo meal plus more for patting out crust
- ☐ 0.8 cup orange juice
- ☐ 1 tablespoon orange zest grated

- ☐ 0.3 cup potato flour
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar

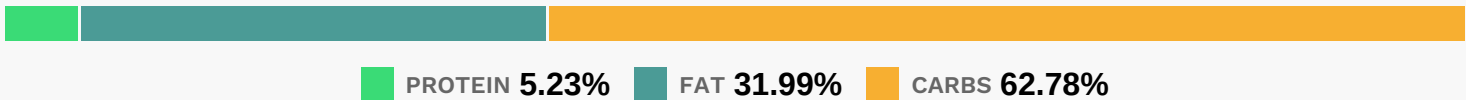
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Preheat oven to 32
- ☐ Make matzo meal crust: In a food processor, whirl matzo meal, sugar, and margarine until well mixed.
- ☐ Add egg and 3 tbsp. water; whirl until dough holds together. Dip fingers in more matzo meal and press the soft dough over the bottom and sides of a 9-in. tart pan with a removable rim.
- ☐ Bake until crust is darker brown and feels firm when pressed in the center, 30 to 40 minutes.
- ☐ Meanwhile, make filling: In a small saucepan, mix sugar with potato starch. Stir in zest, orange juice, and lemon juice. Stir over high heat until boiling.
- ☐ Remove from heat and whisk in eggs. Return to high heat and stir just until mixture bubbles.
- ☐ Let cool at least 10 minutes.
- ☐ Spread warm filling in tart shell. Scatter blueberries on top.
- ☐ Serve tart warm or cool, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:21.04, Inflammation Score:-5, Nutrition Score:5.8382609097854%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg, Hesperetin: 3.11mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 302.47kcal (15.12%), Fat: 11.01g (16.94%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 47.12g (17.14%), Sugar: 31.51g (35.02%), Cholesterol: 55.8mg (18.6%), Sodium: 131.36mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin C: 15.52mg (18.82%), Selenium: 10.04µg (14.34%), Vitamin A: 543.06IU (10.86%), Manganese: 0.21mg (10.58%), Vitamin B2: 0.14mg (8.22%), Vitamin B1: 0.1mg (6.69%), Fiber: 1.49g (5.94%), Phosphorus: 58.82mg (5.88%), Vitamin K: 5.82µg (5.54%), Iron: 0.9mg (5.02%), Vitamin B6: 0.1mg (5%), Folate: 19.3µg (4.82%), Vitamin E: 0.71mg (4.76%), Vitamin B3: 0.91mg (4.54%), Potassium: 149.27mg (4.26%), Vitamin B5: 0.4mg (4.03%), Magnesium: 12.56mg (3.14%), Copper: 0.06mg (2.78%), Zinc: 0.37mg (2.49%), Vitamin B12: 0.14µg (2.41%), Calcium: 21.65mg (2.16%), Vitamin D: 0.3µg (2%)