



Meyer Lemon Curd Tart

 Vegetarian

READY IN



292 min.

SERVINGS



10

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter melted
- ☐ 2.5 teaspoons cornstarch
- ☐ 3 large egg whites
- ☐ 3 large egg yolk
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar

- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup macadamia nuts
- ☐ 0.5 cup meyer lemon juice fresh (5 lemons)
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 36 vanilla wafers
- ☐ 0.3 cup water

Equipment

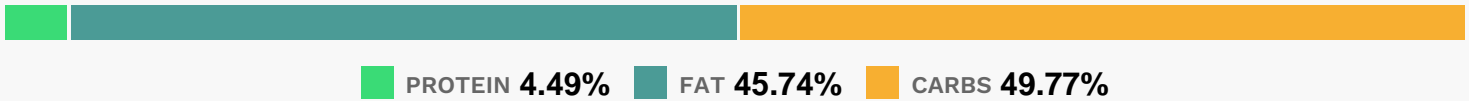
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ broiler
- ☐ tart form

Directions

- ☐ Preheat oven to 40
- ☐ To prepare crust, combine the first 5 ingredients in a food processor; process until finely ground. With processor on, drizzle 3 tablespoons melted butter through food chute, and process until blended. Press crumb mixture into the bottom and up sides of a 9–inch metal tart pan.
- ☐ Bake at 400 for 10 minutes or until toasted. Cool on a wire rack.

- ☐ To prepare filling, combine 1/2 cup granulated sugar, cornstarch, and dash of salt in a medium heavy saucepan, stirring with a whisk. Stir in lemon juice and egg yolks; bring to a boil over medium heat, stirring constantly with a whisk. Reduce heat, and simmer for 1 minute or until slightly thick, stirring constantly.
- ☐ Remove from heat; add 2 tablespoons butter and rind, stirring gently until butter melts. Spoon the mixture into a medium bowl; cool slightly.
- ☐ Place plastic wrap directly over surface of lemon curd, and chill at least 4 hours or overnight (mixture will thicken as it cools).
- ☐ Preheat broiler.
- ☐ Spoon curd evenly into prepared crust.
- ☐ Place 3 egg whites and 1/8 teaspoon salt in a large bowl, and beat with a mixer at high speed until soft peaks form.
- ☐ Combine 1/4 cup granulated sugar and 1/4 cup water in a saucepan; bring to a boil. Cook, without stirring, until a thermometer registers 23
- ☐ Pour hot syrup in a thin stream over egg whites, beating until stiff peaks form.
- ☐ Spread meringue over tart. Broil 30 seconds or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:35.27, Glycemic Load:22.43, Inflammation Score:-2, Nutrition Score:3.9326086666273%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 284.84kcal (14.24%), Fat: 14.86g (22.86%), Saturated Fat: 6.42g (40.13%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 35.44g (12.89%), Sugar: 25.53g (28.36%), Cholesterol: 70.35mg (23.45%), Sodium: 191.24mg (8.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Manganese: 0.21mg (10.64%), Vitamin B1: 0.16mg (10.48%), Selenium: 5.55µg (7.94%), Vitamin B2: 0.13mg (7.93%), Folate: 30.11µg (7.53%), Vitamin C: 4.91mg (5.95%), Vitamin A: 249.26IU (4.99%), Phosphorus: 43.83mg (4.38%), Fiber: 0.94g (3.78%), Vitamin B3: 0.72mg (3.58%), Copper: 0.05mg (2.58%), Magnesium: 9.42mg (2.35%), Vitamin B5: 0.24mg (2.35%), Potassium: 82.05mg

(2.34%), Vitamin E: 0.34mg (2.25%), Iron: 0.38mg (2.13%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.04mg (1.91%),
Vitamin D: 0.28µg (1.84%), Calcium: 16.13mg (1.61%), Zinc: 0.21mg (1.39%)