



Orange & caramel custard tart

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 3 egg yolk
- ☐ 85 g sugar
- ☐ 1 tbsp flour plain
- ☐ 1 tbsp cornstarch
- ☐ 250 ml skim milk
- ☐ 1 orange zest
- ☐ 1 egg whites
- ☐ 3 large sheets dough halved

- ☐ 3 cranberry-orange relish sliced into rounds
- ☐ 50 g sugar

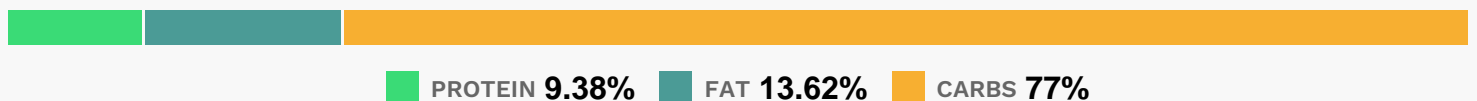
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Beat the egg yolks and sugar for a few mins until pale and slightly thickened, then whisk in the flours.
- ☐ Heat the milk and orange zest in a saucepan. Once its starting to boil around the edges, whisk into the egg mix.
- ☐ Put the whole lot back into the pan, stirring all the time until thick and boiling. Leave to cool completely. Can be made up to 2 days ahead.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Brush the filo sheets one by one with egg white and use to line a 23cm loose-bottom flan tin, overlapping the pieces as you go. Fold the pastry over itself at the edges rather than letting it overhang or youll never get it out of the tin.
- ☐ Bake blind for 10 mins, then give it another 5 mins until dark golden and very crisp. Leave to cool. Can be made up to 1 day ahead.
- ☐ The cream filling will be set by now, so beat again with electric beaters until smooth. Spoon into the case, then chill for at least 30 mins. To serve, put the sugar into a non-stick frying pan and leave over a gentle heat to melt and then caramelise, swirling the pan only a few times. Meanwhile, spread the oranges over the custard. When the caramel is dark golden, drizzle it over the oranges, let it set for a few mins, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.12, Glycemic Load:16.16, Inflammation Score:-4, Nutrition Score:6.0165218205556%

Flavonoids

Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 152.73kcal (7.64%), Fat: 2.37g (3.65%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.7g (10.44%), Sugar: 23.15g (25.72%), Cholesterol: 73.87mg (24.62%), Sodium: 57.47mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin C: 28.17mg (34.15%), Selenium: 7.55µg (10.78%), Vitamin B2: 0.15mg (8.68%), Folate: 33.83µg (8.46%), Vitamin B1: 0.12mg (8.04%), Phosphorus: 75.19mg (7.52%), Calcium: 74.86mg (7.49%), Fiber: 1.51g (6.03%), Vitamin A: 280.18IU (5.6%), Vitamin B12: 0.32µg (5.38%), Vitamin D: 0.72µg (4.8%), Vitamin B5: 0.48mg (4.8%), Potassium: 166.25mg (4.75%), Vitamin B6: 0.08mg (3.86%), Iron: 0.53mg (2.97%), Manganese: 0.06mg (2.94%), Magnesium: 11.18mg (2.8%), Vitamin B3: 0.54mg (2.71%), Zinc: 0.38mg (2.56%), Copper: 0.04mg (2.02%), Vitamin E: 0.27mg (1.82%)