



Satsuma Cloud Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



224 kcal

DESSERT

Ingredients

- 1 tablespoon butter melted
- 6 tablespoons butter chilled cut into small pieces
- 3 large egg whites
- 3 large egg yolk
- 0.3 cup flour all-purpose
- 1.5 cups flour all-purpose
- 5 tablespoons water
- 2 tablespoons juice of lemon

- 6 tablespoons orange juice
- 2 tablespoons orange zest grated
- 0.1 teaspoon salt
- 0.5 cup sugar
- 1.5 tablespoons sugar
- 0.5 teaspoon vanilla extract

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- plastic wrap
- aluminum foil
- measuring cup
- tart form

Directions

- To prepare crust, weigh or lightly spoon 75 ounces (about 1 1/2 cups) flour into dry measuring cups; level with a knife.
- Combine 75 ounces flour, 1 1/2 tablespoons sugar, and salt in a food processor; process until blended.
- Add 6 tablespoons butter, and pulse until the mixture resembles coarse meal. With processor on, slowly pour 5 tablespoons ice water through food chute; process until dough forms a ball. Shape dough into a 6-inch circle. Wrap in plastic wrap; chill 30 minutes.
- Preheat oven to 40
- Roll dough out to a 10-inch circle on a lightly floured surface.

- Place dough into a 9-inch round removable-bottom tart pan. Fold edges under; press dough against sides of pan. Line bottom of dough with a piece of foil; arrange pie weights or dried beans on foil.
- Bake at 400 for 10 minutes or until edge is lightly browned.
- Remove pie weights and foil; reduce oven temperature to 37
- Bake an additional 15 minutes or until crust is golden. Cool 10 minutes.
- To prepare filling, combine 1/2 cup sugar and egg yolks in a large bowl; beat with a mixer at medium-high speed 3 minutes or until thick. Weigh or lightly spoon 1 ounces (about 1/4 cup) flour into a dry measuring cup; level with a knife.
- Add flour, satsuma orange rind, and the next 3 ingredients (through melted butter); stir just until combined.
- Pour mixture into cooled crust.
- Bake at 375 for 20 minutes or until filling is set.
- Remove from oven; cool completely. Reduce oven temperature to 32
- To prepare meringue, beat egg whites with a mixer at high speed until soft peaks form using clean, dry beaters. Gradually add 1/2 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold in vanilla.
- Spread meringue evenly over filling, sealing to edge of crust.
- Bake at 325 for 25 minutes; cool 1 hour on a wire rack.

Nutrition Facts

PROTEIN 7.71% **FAT 38.41%** **CARBS 53.88%**

Properties

Glycemic Index:44.22, Glycemic Load:20.86, Inflammation Score:-3, Nutrition Score:5.3308695399243%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 223.88kcal (11.19%), Fat: 9.6g (14.77%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 29.55g (10.75%), Sugar: 12.9g (14.33%), Cholesterol: 76.15mg (25.38%), Sodium: 112.08mg (4.87%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 4.33g (8.67%), Selenium: 12.45µg (17.78%), Folate: 52.19µg (13.05%), Vitamin B1: 0.19mg (12.86%), Vitamin B2: 0.19mg (11.11%), Vitamin C: 7.89mg (9.57%), Manganese: 0.16mg (7.79%), Vitamin A: 344.06IU (6.88%), Vitamin B3: 1.36mg (6.81%), Iron: 1.2mg (6.68%), Phosphorus: 49.59mg (4.96%), Vitamin B5: 0.31mg (3.07%), Fiber: 0.75g (2.99%), Vitamin E: 0.38mg (2.56%), Copper: 0.05mg (2.3%), Potassium: 74.03mg (2.12%), Vitamin B12: 0.13µg (2.08%), Magnesium: 8.02mg (2%), Zinc: 0.29mg (1.96%), Vitamin D: 0.28µg (1.84%), Vitamin B6: 0.04mg (1.79%), Calcium: 16.52mg (1.65%)