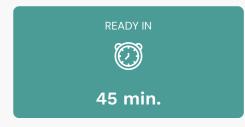


Satsuma Cloud Tart

Vegetarian







DESSERT

Ingredients

1 tablespoon butter melted
6 tablespoons butter chilled cut into small pieces
3 large egg whites
3 large egg yolk
O.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	
	O.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	
Diı	rections	
	To prepare crust, weigh or lightly spoon 75 ounces (about 11/2 cups) flour into dry measuring cups; level with a knife.	
	Combine 75 ounces flour, 11/2 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, Hesperetin: 1.65mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 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%)