



## Short Paste for Tarts

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

### Ingredients

- 0.8 cup butter cut into chunks (6 oz., 170 g)
- 2 large egg yolks
- 250 g flour all-purpose
- 50 g sugar

### Equipment

- food processor
- bowl
- frying pan

- oven
- tart form

## Directions

- In a bowl, combine flour and sugar.
- Add butter and, with your fingers, rub into flour mixture until well blended.
- With a fork, stir in egg yolks until dough holds together. (Or whirl flour, sugar, and butter in a food processor until mixture resembles fine crumbs; add yolks and whirl until dough holds together.)
- With your hands, press dough firmly into a smooth ball, kneading a bit to help bind the dough. (At this point, you may wrap the dough airtight and refrigerate up to 1 week; let come to room temperature before using.)
- Press pastry into an 11-inch (28 cm) tart pan with a removable rim, pushing dough firmly into bottom and sides to make an even layer; the edge should be flush with pan rim.
- Bake in a 300 F (150 C) oven, uncovered, until lightly browned, 30 to 40 minutes.
- Let cool in pan. Fill tart and remove rim to serve.

## Nutrition Facts

**PROTEIN 5.37%** **FAT 54.78%** **CARBS 39.85%**

## Properties

Glycemic Index:18.14, Glycemic Load:21.62, Inflammation Score:-6, Nutrition Score:6.0456522047196%

## Nutrients (% of daily need)

Calories: 304.51kcal (15.23%), Fat: 18.58g (28.59%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 29.57g (10.75%), Sugar: 6.35g (7.05%), Cholesterol: 45.9mg (15.3%), Sodium: 203.41mg (8.84%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.1g (8.19%), Selenium: 13.01µg (18.59%), Vitamin B1: 0.25mg (16.99%), Vitamin A: 822.52IU (16.45%), Folate: 63.61µg (15.9%), Vitamin B2: 0.19mg (10.93%), Manganese: 0.22mg (10.79%), Vitamin B3: 1.85mg (9.25%), Iron: 1.57mg (8.72%), Phosphorus: 55.22mg (5.52%), Vitamin E: 0.79mg (5.25%), Fiber: 0.84g (3.38%), Vitamin B5: 0.28mg (2.82%), Copper: 0.05mg (2.44%), Zinc: 0.32mg (2.11%), Magnesium: 7.73mg (1.93%), Vitamin B12: 0.1µg (1.74%), Calcium: 16.62mg (1.66%), Vitamin D: 0.23µg (1.53%), Vitamin B6: 0.03mg (1.53%), Potassium: 47.13mg (1.35%)