



The Best Lemon Tart Ever

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- 0.8 cup butter at room temperature
- 1 teaspoon confectioners' sugar to taste
- 3 large eggs
- 0.5 cup flour all-purpose
- 0.5 cup juice of lemon freshly squeezed
- 1 tablespoon lemon zest
- 1 pinch salt
- 0.5 teaspoon vanilla extract

1.5 cups sugar white

Equipment

bowl

oven

whisk

mixing bowl

aluminum foil

stand mixer

tart form

Directions

Combine butter, 1/2 cup sugar, vanilla extract, and salt in the mixing bowl of a stand mixer; mix ingredients thoroughly with a paddle attachment.

Mix flour into butter mixture to make a smooth dough. Press dough into a 9-inch tart pan; refrigerate crust for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C).

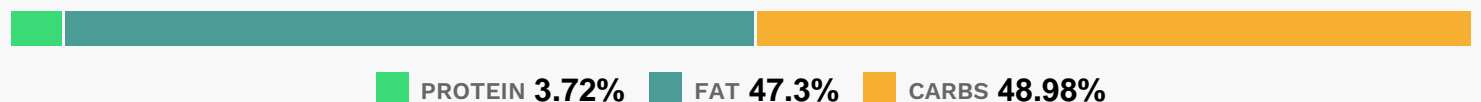
Bake crust until light golden brown, 15 to 20 minutes.

Whisk sugar, eggs, lemon zest, lemon juice, and 1/2 cup flour in a bowl until smooth.

Pour lemon filling into crust. Cover edges of crust with strips of aluminum foil to prevent burning.

Bake tart until filling is set, about 20 minutes. Cool completely and dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:30.5, Inflammation Score:-4, Nutrition Score:4.2017391142638%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 357.61kcal (17.88%), Fat: 19.28g (29.66%), Saturated Fat: 11.54g (72.15%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 44.58g (16.21%), Sugar: 38.22g (42.47%), Cholesterol: 115.5mg (38.5%), Sodium: 169.06mg (7.35%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.42g (6.83%), Vitamin A: 634.36IU (12.69%), Selenium: 8.86µg (12.66%), Vitamin B2: 0.14mg (8.34%), Vitamin C: 6.87mg (8.33%), Folate: 26.9µg (6.72%), Phosphorus: 51.99mg (5.2%), Vitamin B1: 0.07mg (4.94%), Vitamin E: 0.72mg (4.8%), Iron: 0.73mg (4.07%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.2µg (3.38%), Manganese: 0.06mg (3.12%), Vitamin B3: 0.5mg (2.51%), Vitamin D: 0.38µg (2.5%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.33mg (2.2%), Calcium: 19.11mg (1.91%), Potassium: 57.38mg (1.64%), Copper: 0.03mg (1.54%), Vitamin K: 1.57µg (1.49%), Magnesium: 5.45mg (1.36%), Fiber: 0.34g (1.34%)