

Pastel de Nata Portuguese Egg Tarts

Yield: 30 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/pastel-de-nata-portuguese-recipe>

Ingredients:

- 2 packages frozen puff pastry
- 4 1/4 cups heavy cream
- 2 cups sugar
- 9 egg yolks
- 5/8 cup flour
- 1 lemon peel or zest of 1/2 lemon
- 1 stick cinnamon
- 1/2 vanilla pod
- flour for sprinkling
- butter for greasing pan
- cinnamon powder or icing sugar

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 120 milligrams
4. Fat: 17 grams
5. Protein: 2 grams
6. SaturatedFat: 10 grams
7. Sodium: 25 milligrams
8. Sugar: 13 grams

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