

Portuguese Egg Tart

Yield: 14 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-egg-tart-recipe-donna-hay>

Ingredients:

- 1 7/8 cups cake flour
- 3 1/2 tablespoons butter
- 1/8 tablespoon salt
- 1 5/8 tablespoons sugar
- 6 11/16 tablespoons water
- 7 3/4 tablespoons lard or ghee
- 3/4 cup heavy cream
- 7 1/8 tablespoons milk
- 6 tablespoons sugar
- 2 egg yolks
- 1/2 egg

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Protein: 3 grams
6. SaturatedFat: 8 grams
7. Sodium: 120 milligrams
8. Sugar: 7 grams

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