



## All-Star Berry Tart

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

DESSERT

### Ingredients

- ☐ 1 cup apricot preserves
- ☐ 2 pints blueberries fresh
- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg yolks
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups milk
- ☐ 1 pie crust homemade store-bought (not in pan)
- ☐ 2 pints raspberries fresh

- ☐ 0.5 cup sugar
- ☐ 3 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ tart form

## Directions

- ☐ Follow package instructions to fit crust into a 9-inch tart pan with removable bottom, and bake until light golden.
- ☐ Mix flour, cornstarch and sugar in a bowl.
- ☐ Add 1/3 cup milk; beat until smooth.
- ☐ Whisk in yolks. In a pan, bring remaining milk to a simmer.
- ☐ Whisking constantly, pour hot milk into yolk mixture.
- ☐ Pour back into pan and bring to a boil, stirring. Boil for 2 minutes, whisking.
- ☐ Remove from heat; beat in butter and vanilla.
- ☐ Pour into a bowl; press plastic wrap directly onto surface of pastry cream. Chill 1 hour.
- ☐ Finish tart: Stir jam, lemon juice and 2 Tbsp. water in a pan over low heat until jam melts; strain.
- ☐ Remove crust from tart pan; brush with jam glaze.
- ☐ Spread pastry cream evenly. Arrange raspberries in center, forming a star. Fill in remaining surface with blueberries.
- ☐ Brush tart with remaining glaze.

## Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:18.23, Inflammation Score:-7, Nutrition Score:17.33086955029%

Flavonoids

Cyanidin: 64.15mg, Cyanidin: 64.15mg, Cyanidin: 64.15mg, Cyanidin: 64.15mg Petunidin: 37.66mg, Petunidin: 37.66mg, Petunidin: 37.66mg, Petunidin: 37.66mg Delphinidin: 43.47mg, Delphinidin: 43.47mg, Delphinidin: 43.47mg, Delphinidin: 43.47mg Malvidin: 80.11mg, Malvidin: 80.11mg, Malvidin: 80.11mg, Malvidin: 80.11mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 24.14mg, Peonidin: 24.14mg, Peonidin: 24.14mg, Peonidin: 24.14mg Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 449.25kcal (22.46%), Fat: 14.16g (21.78%), Saturated Fat: 6.03g (37.71%), Carbohydrates: 79.48g (26.49%), Net Carbohydrates: 68.26g (24.82%), Sugar: 45.37g (50.41%), Cholesterol: 64.51mg (21.5%), Sodium: 127.29mg (5.53%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 6.74g (13.48%), Manganese: 1.32mg (65.8%), Vitamin C: 45.8mg (55.51%), Fiber: 11.22g (44.89%), Vitamin K: 34.19µg (32.57%), Vitamin B2: 0.26mg (15.1%), Phosphorus: 146.58mg (14.66%), Folate: 57.28µg (14.32%), Vitamin E: 2.11mg (14.04%), Vitamin B1: 0.2mg (13.14%), Calcium: 128.98mg (12.9%), Potassium: 415.1mg (11.86%), Iron: 2.07mg (11.48%), Copper: 0.23mg (11.46%), Magnesium: 45.75mg (11.44%), Vitamin B5: 1mg (9.99%), Vitamin B6: 0.2mg (9.86%), Vitamin B3: 1.97mg (9.84%), Selenium: 6.52µg (9.31%), Vitamin A: 455.17IU (9.1%), Zinc: 1.17mg (7.79%), Vitamin B12: 0.42µg (7.02%), Vitamin D: 0.98µg (6.53%)