



Blackberry Curd Tart

 Vegetarian

READY IN



214 min.

SERVINGS



12

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted finely
- ☐ 3 cups blackberries fresh
- ☐ 8 tablespoons butter chilled divided
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 2 large egg yolk
- ☐ 1 cup flour all-purpose

- ☐ 1.8 cups granulated sugar divided
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup powdered sugar
- ☐ 0.4 teaspoon salt divided
- ☐ 0.3 cup water

Equipment

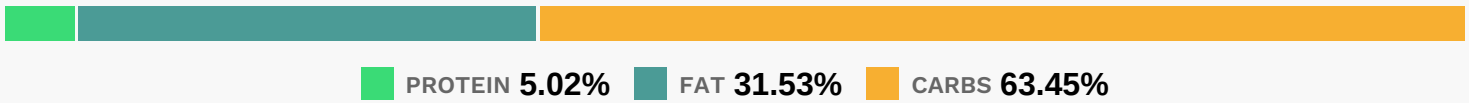
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ broiler
- ☐ measuring cup
- ☐ tart form
- ☐ cheesecloth
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level.
- ☐ Combine flour, powdered sugar, almonds, and 1/8 teaspoon salt in a food processor; pulse to combine.
- ☐ Cut 7 tablespoons butter into small pieces.

- ☐ Add to flour mixture; pulse just until mixture resembles coarse meal. Press in the bottom and up the sides of a 9-inch round removable-bottom tart pan coated with baking spray.
- ☐ Bake at 350 for 30 minutes or until golden. Cool on a wire rack.
- ☐ Combine berries, 3/4 cup granulated sugar, and juice in a saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 6 minutes.
- ☐ Place mixture in a blender; let stand 5 minutes. Blend until smooth. Strain the mixture through a cheesecloth-lined sieve into a medium bowl, pressing on solids. Discard solids. Wipe pan clean; return mixture to pan.
- ☐ Combine cornstarch and egg yolks, stirring until smooth. Stir yolk mixture into berry mixture; bring to a boil over medium-low heat. Cook for 1 minute, stirring constantly.
- ☐ Remove from heat; stir in 1/8 teaspoon salt and remaining 1 tablespoon butter. Scrape mixture into a bowl; cover surface directly with plastic wrap. Chill.
- ☐ Combine 1/8 teaspoon salt, cream of tartar, and egg whites in a large bowl; beat with a mixer at high speed until soft peaks form.
- ☐ Combine remaining 1 cup granulated sugar and 1/3 cup water in a saucepan; bring to a boil. Cook, without stirring, until a candy thermometer registers 25
- ☐ Gradually pour hot sugar syrup in a thin stream over egg whites, beating at medium speed, then at high speed until stiff peaks form.
- ☐ Preheat broiler.
- ☐ Spoon curd over crust; top with meringue. Broil 2 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:26.53, Inflammation Score:-4, Nutrition Score:6.1686956934307%

Flavonoids

Cyanidin: 36.06mg, Cyanidin: 36.06mg, Cyanidin: 36.06mg, Cyanidin: 36.06mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.38mg, Catechin: 13.38mg, Catechin: 13.38mg, Catechin: 13.38mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate:

0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 282.6kcal (14.13%), Fat: 10.21g (15.7%), Saturated Fat: 5.2g (32.53%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 43.61g (15.86%), Sugar: 34.49g (38.32%), Cholesterol: 50.67mg (16.89%), Sodium: 149.23mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.38mg (18.85%), Vitamin C: 9.53mg (11.55%), Selenium: 7.37µg (10.52%), Fiber: 2.59g (10.36%), Vitamin E: 1.49mg (9.92%), Vitamin B2: 0.16mg (9.18%), Folate: 35.14µg (8.78%), Vitamin K: 7.83µg (7.46%), Vitamin A: 351.47IU (7.03%), Vitamin B1: 0.1mg (6.81%), Copper: 0.11mg (5.71%), Iron: 0.93mg (5.18%), Vitamin B3: 0.97mg (4.87%), Phosphorus: 48.61mg (4.86%), Magnesium: 19.19mg (4.8%), Potassium: 126.33mg (3.61%), Zinc: 0.44mg (2.94%), Vitamin B5: 0.28mg (2.76%), Calcium: 27.39mg (2.74%), Vitamin B6: 0.03mg (1.62%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.15µg (1.02%)