



Blackberry custard tarts

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



500 kcal

DESSERT

Ingredients

- ☐ 500 g pastry crust sweet
- ☐ 6 servings nutmeg good
- ☐ 0.3 ground cinnamon
- ☐ 3 medium eggs
- ☐ 100 g sugar
- ☐ 200 ml double cream
- ☐ 200 ml milk whole
- ☐ 1.5 tsp vanilla extract

☐ 100 g blackberries

Equipment

☐ bowl

☐ baking sheet

☐ sauce pan

☐ oven

☐ whisk

☐ sieve

☐ serrated knife

☐ grater

Directions

☐ Roll out the pastry on a lightly floured surface to about 0.5cm thick. Grate over a dusting of nutmeg using a fine grater, then scatter over the cinnamon in pinches.

☐ Roll the pastry a few more rolls to press in the spices.

☐ Cut out circles to line 6 x 10cm round, deep-ish individual tart tins, with a little overhang. Sit them on a baking sheet and chill for 30 mins.

☐ Heat oven to 200C/180C fan/gas

☐ Line the tart cases with small pieces of scrunched-up baking parchment, fill with baking beans and blind-bake for 15–20 mins until pale golden and set.

☐ Remove the paper and beans, and bake for a further 10–15 mins until biscuity. Cool, then trim the edges with a small, sharp serrated knife.

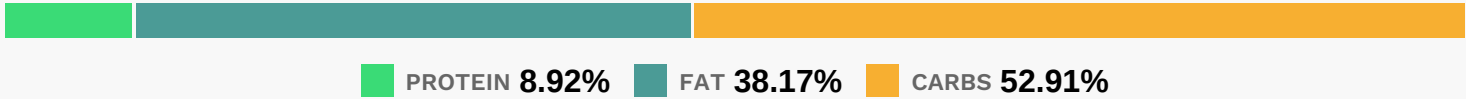
☐ Reduce oven to 150C/130C fan/gas

☐ Whisk together the eggs and sugar in a large bowl.

☐ Put the cream, milk and vanilla into a saucepan and bring to the boil.

☐ Pour onto the egg mixture, whisking as you go, then sieve into a jug. Divide the blackberries between the tins, then pour over the custard to fill as much as you can. Grate over some more nutmeg and bake for 20–30 mins. They'll be ready when the top is set but the centres tremor slightly when the baking sheet is jiggled. Cool completely before eating.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:28.88, Inflammation Score:-6, Nutrition Score:13.84565216562%

Flavonoids

Cyanidin: 16.66mg, Cyanidin: 16.66mg, Cyanidin: 16.66mg, Cyanidin: 16.66mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg, Catechin: 6.18mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 500.48kcal (25.02%), Fat: 21.16g (32.56%), Saturated Fat: 10.79g (67.42%), Carbohydrates: 65.99g (22%), Net Carbohydrates: 63.03g (22.92%), Sugar: 21.02g (23.35%), Cholesterol: 123.86mg (41.29%), Sodium: 456.62mg (19.85%), Alcohol: 0.36g (100%), Alcohol %: 0.22% (100%), Protein: 11.12g (22.25%), Selenium: 28.03µg (40.05%), Vitamin B1: 0.5mg (33.07%), Manganese: 0.6mg (29.94%), Vitamin B2: 0.5mg (29.7%), Folate: 90.71µg (22.68%), Iron: 3.28mg (18.22%), Vitamin B3: 3.61mg (18.04%), Phosphorus: 168.31mg (16.83%), Vitamin A: 705.55IU (14.11%), Fiber: 2.96g (11.84%), Calcium: 96.16mg (9.62%), Vitamin D: 1.35µg (9.03%), Vitamin B5: 0.85mg (8.5%), Copper: 0.15mg (7.72%), Vitamin B12: 0.44µg (7.25%), Magnesium: 28.82mg (7.2%), Zinc: 1.05mg (7%), Vitamin K: 6.67µg (6.35%), Potassium: 211.96mg (6.06%), Vitamin E: 0.82mg (5.48%), Vitamin B6: 0.1mg (5.19%), Vitamin C: 3.77mg (4.57%)