



Blueberry Almond Breakfast Tart

 Vegetarian

READY IN

ready

185 min.

SERVINGS

servings

8

CALORIES

calories

697 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 cup almonds toasted sliced
- ☐ 25 servings blueberries fresh divided (1/4-pints)
- ☐ 1 stick butter cold cut into pieces
- ☐ 10.5 teaspoons cornstarch
- ☐ 1 large egg yolk
- ☐ 3 large egg yolks
- ☐ 1 cup flour all-purpose

- ☐ 1 optional: lemon
- ☐ 0.7 cup currant jelly plus 1 tablespoon water black
- ☐ 1 pinch salt
- ☐ 1 pinch sea salt
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons butter unsalted

Equipment

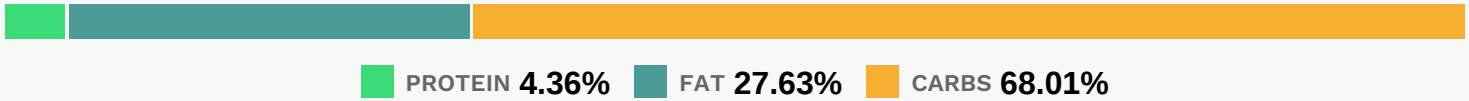
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ stove
- ☐ tart form

Directions

- ☐ Add the sugar, pinch of salt and 2 (1/4-pints) blueberries to a saucepan. Zest the lemon over the top, then juice about 1 tablespoon and add to the berries. Give it a stir. Put on the stove about medium heat and cook until the berries release their juices and looks like jelly or jam.
- ☐ While that's happening, whisk your egg yolks and cornstarch together in small bowl. Stir into the berries and boil until nice and thick. Set aside.
- ☐ For the crust: Put your flour into a food processor, add the 1/2 cup almonds, the sugar, a pinch of salt and pulse until it's a fine meal.
- ☐ Add the egg yolk and cold butter (Cold butter makes the crust nice and flaky.)
- ☐ Add the extract and process the mixture until it turns into a little ball of dough.
- ☐ Press the dough nice and evenly into a 9-inch tart pan with a removable bottom. Freeze 1 hour or so to firm it up. Freezing will also help make a nice crispy tart after baking.
- ☐ Put a piece of parchment on the dough and fill it with dried beans.

- ☐ Bake for 12 minutes or so. This is called blind baking, which keeps the crust nice and flat and leaves plenty of room for the filling.
- ☐ Remove the beans and parchment and cook the crust until it's nice and golden brown, another 16 minutes.
- ☐ Let cool.
- ☐ Heat the black currant jelly and 1 tablespoon water in a saucepan to melt it.
- ☐ Pour the blueberry filling in the tart and spread out to the edges. Mound the remaining fresh blueberries over top.
- ☐ Brush the top with the jelly glaze. Take the remaining toasted almonds and sprinkle them around the edges.
- ☐ Place in the fridge to firm up.
- ☐ Remove the tart bottom, slice and serve.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:57.04, Inflammation Score:-9, Nutrition Score:24.545217462208%

Flavonoids

Cyanidin: 39.27mg, Cyanidin: 39.27mg, Cyanidin: 39.27mg, Cyanidin: 39.27mg Petunidin: 145.83mg, Petunidin: 145.83mg, Petunidin: 145.83mg, Petunidin: 145.83mg Delphinidin: 163.86mg, Delphinidin: 163.86mg, Delphinidin: 163.86mg, Delphinidin: 163.86mg Malvidin: 312.6mg, Malvidin: 312.6mg, Malvidin: 312.6mg, Malvidin: 312.6mg Peonidin: 93.84mg, Peonidin: 93.84mg, Peonidin: 93.84mg, Peonidin: 93.84mg Catechin: 24.54mg, Catechin: 24.54mg, Catechin: 24.54mg, Catechin: 24.54mg Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 7.7mg, Kaempferol: 7.7mg, Kaempferol: 7.7mg, Kaempferol: 7.7mg Myricetin: 6.08mg, Myricetin: 6.08mg, Myricetin: 6.08mg, Myricetin: 6.08mg Quercetin: 35.65mg, Quercetin: 35.65mg, Quercetin: 35.65mg, Quercetin: 35.65mg Gallocatechin: 0.56mg, Gallocatechin: 0.56mg, Gallocatechin: 0.56mg, Gallocatechin: 0.56mg

Nutrients (% of daily need)

Calories: 696.86kcal (34.84%), Fat: 22.65g (34.84%), Saturated Fat: 11.15g (69.68%), Carbohydrates: 125.4g (41.8%), Net Carbohydrates: 112.45g (40.89%), Sugar: 82.22g (91.35%), Cholesterol: 133.46mg (44.49%), Sodium: 119.97mg (5.22%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 8.03g (16.06%), Manganese: 1.81mg (90.74%), Vitamin K: 90.73µg (86.4%), Vitamin C: 54.51mg (66.07%), Fiber: 12.95g (51.82%), Vitamin E: 4.84mg (32.27%), Vitamin B2: 0.41mg (24.25%), Vitamin B1: 0.33mg (22.1%), Copper: 0.39mg (19.45%), Folate: 76.47µg (19.12%), Vitamin A: 859.53IU (17.19%), Selenium: 11.77µg (16.82%), Vitamin B3: 3.1mg (15.49%), Vitamin B6: 0.3mg (15.1%), Iron: 2.71mg (15.07%), Phosphorus: 145.72mg (14.57%), Potassium: 470.05mg (13.43%), Magnesium: 49.83mg (12.46%), Vitamin B5: 0.98mg (9.76%), Zinc: 1.27mg (8.47%), Calcium: 70.64mg (7.06%), Vitamin D: 0.54µg (3.59%), Vitamin B12: 0.2µg (3.31%)