



Blueberry-Almond Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds lightly toasted sliced
- ☐ 2 pint blueberries fresh
- ☐ 2 teaspoons cornstarch
- ☐ 1 large egg yolk
- ☐ 2 large egg yolk
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup currant jelly red
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)

Equipment

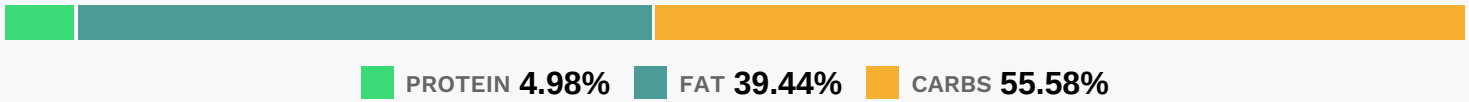
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Combine 2 baskets berries, sugar, and lemon juice in heavy medium saucepan. Coarsely mash berries. Stir over medium-high heat until sugar dissolves and mixture boils and thickens, about 7 minutes.
- ☐ Whisk yolks and cornstarch in medium bowl. Gradually whisk in half of hot berry mixture; return to pan. Stir over medium-high heat until mixture boils and thickens, about 3 minutes.
- ☐ Whisk in butter and lemon peel.
- ☐ Transfer filling to bowl. Cover and chill overnight.
- ☐ Lightly butter 9-inch-diameter tart pan with removable bottom. Blend flour, 1/4 cup sliced almonds, sugar, and salt in processor until almonds are finely ground.
- ☐ Add butter; using on/off turns, cut in until mixture resembles coarse meal.
- ☐ Whisk egg yolk and almond extract in small bowl; add to processor and blend until moist clumps form. Gather dough into ball; flatten into disk. Press dough onto bottom and up sides of prepared pan. Pierce crust all over with fork; freeze 30 minutes.
- ☐ Preheat oven to 375°F. Line crust with foil; fill with dried beans or pie weights.

- ☐ Bake until crust is set, about 12 minutes.
- ☐ Remove foil and beans.
- ☐ Bake until crust is golden, about 18 minutes longer. Cool crust completely on rack.
- ☐ Spread filling in crust; sprinkle remaining 2 baskets berries over. Stir currant jelly in small saucepan over medium heat until melted; brush over berries.
- ☐ Sprinkle remaining 2 tablespoons sliced almonds around edge of tart. Cover loosely with foil and chill at least 2 hours. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Remove pan sides.
- ☐ Place tart on platter.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:24.4, Inflammation Score:-6, Nutrition Score:9.6834783346757%

Flavonoids

Cyanidin: 10.08mg, Cyanidin: 10.08mg, Cyanidin: 10.08mg, Cyanidin: 10.08mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.29mg, Catechin: 6.29mg, Catechin: 6.29mg, Catechin: 6.29mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 336.62kcal (16.83%), Fat: 15.2g (23.39%), Saturated Fat: 8.07g (50.41%), Carbohydrates: 48.21g (16.07%), Net Carbohydrates: 44.31g (16.11%), Sugar: 25.37g (28.19%), Cholesterol: 99.35mg (33.12%), Sodium: 85.74mg (3.73%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 4.32g (8.65%), Manganese: 0.58mg (29.17%),

Vitamin K: 23.92µg (22.78%), Vitamin C: 14.39mg (17.45%), Fiber: 3.89g (15.56%), Selenium: 9.71µg (13.87%), Vitamin E: 1.94mg (12.95%), Vitamin B2: 0.21mg (12.6%), Vitamin B1: 0.19mg (12.55%), Folate: 49.43µg (12.36%), Vitamin A: 510.62IU (10.21%), Iron: 1.45mg (8.07%), Phosphorus: 77.46mg (7.75%), Vitamin B3: 1.54mg (7.7%), Copper: 0.15mg (7.46%), Vitamin B6: 0.1mg (5.03%), Magnesium: 19.93mg (4.98%), Potassium: 158.2mg (4.52%), Vitamin B5: 0.44mg (4.42%), Zinc: 0.56mg (3.75%), Vitamin D: 0.56µg (3.71%), Calcium: 33.6mg (3.36%), Vitamin B12: 0.15µg (2.47%)