



Blueberry Crostata

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 cups blueberries fresh
- ☐ 1 large eggs
- ☐ 1 egg yolk
- ☐ 1.8 cups flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 cup cornmeal yellow stone-ground
- ☐ 2 teaspoons ice water

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 0.8 cup butter unsalted

Equipment

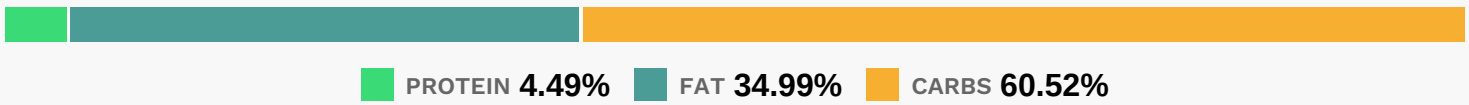
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Combine first 3 ingredients in a large, heavy saucepan over medium-high heat. Cover and cook, without stirring, 5 minutes or until blueberries begin to release some liquid. Uncover and simmer until sugar dissolves, stirring constantly. Reduce heat, and simmer 25 minutes or until mixture thickens, stirring occasionally.
- ☐ Remove from heat; cool completely. Cover and chill. (
- ☐ Mixture will continue to thicken as it cools.)
- ☐ Stir together flour and next 5 ingredients in a large bowl; cut in butter with a pastry blender until mixture is crumbly.
- ☐ Combine egg and egg yolk in a separate bowl; beat lightly with a wire whisk.

- ☐ Add egg to crumb mixture, stirring lightly with a fork.
- ☐ Sprinkle water, 1 teaspoon at a time, evenly over surface, stirring with a fork until dough is moist enough to hold together. Pat dough into a round disk; cover and chill 1 hour.
- ☐ Divide dough into 2 portions (about two-thirds and one-third of the total).
- ☐ Place larger portion on a lightly floured surface. (Chill remainder, covered.)
- ☐ Roll pastry into an 11-inch circle (about 1/8 inch thick).
- ☐ Transfer dough to a 9-inch tart pan with a removable bottom. Carefully fit dough into pan (without stretching it).
- ☐ Remove excess dough by rolling a rolling pin over top of pan. Spoon blueberry mixture into pastry.
- ☐ Roll remaining pastry into a 9-inch circle (about 1/8 inch thick).
- ☐ Cut circle into 8 (3/4-inch-wide) strips, using a knife or pastry wheel. Lightly brush rim of unbaked tart with water.
- ☐ Place 4 strips diagonally across top of tart.
- ☐ Place remaining 4 strips diagonally in opposite direction across top of tart.
- ☐ Remove excess dough. Press edges of strips against pastry shell edges.
- ☐ Place tart on a baking sheet lined with aluminum foil.
- ☐ Bake at 350 for 40 to 45 minutes or until golden brown. Cool on a wire rack 15 minutes.
- ☐ Remove rim of pan; cool completely on a wire rack.
- ☐ Cut tart into wedges; serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:52.59, Glycemic Load:49.31, Inflammation Score:-6, Nutrition Score:9.8373913868614%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin:

15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 493.48kcal (24.67%), Fat: 19.67g (30.26%), Saturated Fat: 11.51g (71.93%), Carbohydrates: 76.53g (25.51%), Net Carbohydrates: 73.04g (26.56%), Sugar: 45.08g (50.09%), Cholesterol: 93.3mg (31.1%), Sodium: 212.78mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Manganese: 0.51mg (25.5%), Selenium: 13.56µg (19.37%), Vitamin B1: 0.28mg (18.63%), Folate: 64.75µg (16.19%), Vitamin K: 15.92µg (15.16%), Fiber: 3.49g (13.97%), Vitamin B2: 0.23mg (13.51%), Vitamin A: 638.19IU (12.76%), Iron: 2.03mg (11.27%), Vitamin B3: 2.18mg (10.92%), Phosphorus: 98.03mg (9.8%), Vitamin C: 7.5mg (9.09%), Vitamin E: 1.09mg (7.29%), Vitamin B6: 0.13mg (6.44%), Copper: 0.12mg (5.93%), Magnesium: 22.58mg (5.65%), Zinc: 0.77mg (5.17%), Calcium: 51.18mg (5.12%), Vitamin B5: 0.46mg (4.58%), Potassium: 135.84mg (3.88%), Vitamin D: 0.57µg (3.77%), Vitamin B12: 0.14µg (2.26%)