



Blueberry Tart

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



557 kcal

DESSERT

Ingredients

- 1.3 cups flour for dusting all-purpose plus more (spooned and leveled)
- 0.3 cup sugar
- 0.3 teaspoon salt
- 8 tablespoons butter unsalted cold cut into small pieces (1 stick)
- 6 cups blueberries dried fresh rinsed (six)
- 2 tablespoons cornstarch
- 2 teaspoons lemon zest finely grated
- 3 tablespoon juice of lemon fresh

0.7 cup sugar

1 inch salt

Equipment

Directions

Blueberry Ricotta Tart

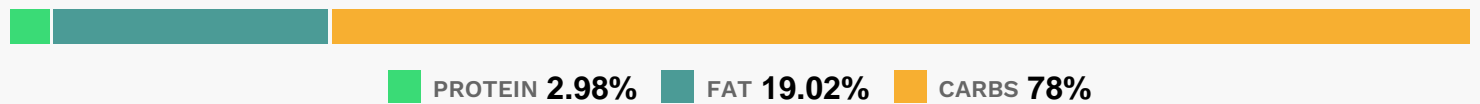
Blueberry Slab Pie

Blueberry "Bandanna" Tart

Blueberry Pie

Blueberry-Cream Cheese Hand Pies

Nutrition Facts



Properties

Glycemic Index:21.52, Glycemic Load:22.59, Inflammation Score:-3, Nutrition Score:6.4534783233767%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 557.45kcal (27.87%), Fat: 11.71g (18.02%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 108.08g (36.03%), Net Carbohydrates: 95.59g (34.76%), Sugar: 70.54g (78.38%), Cholesterol: 24.08mg (8.03%), Sodium: 87.97mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Fiber: 12.49g (49.97%), Potassium: 745.14mg (21.29%), Iron: 2.48mg (13.78%), Vitamin B1: 0.12mg (8.3%), Selenium: 5.58µg (7.97%), Folate: 29.88µg (7.47%), Vitamin A: 280.36IU (5.61%), Manganese: 0.11mg (5.47%), Calcium: 54.11mg (5.41%), Vitamin B2: 0.09mg (5.05%), Vitamin B3: 0.93mg (4.66%), Vitamin C: 2.26mg (2.74%), Phosphorus: 20.18mg (2.02%), Vitamin E: 0.28mg (1.85%), Copper: 0.03mg (1.38%), Vitamin D: 0.17µg (1.12%), Magnesium: 4.04mg (1.01%)