



WHATSheATE



Brown Sugar-Cranberry Tart



Vegetarian

READY IN



180 min.

SERVINGS



35

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 0.5 cup brown sugar
- ☐ 10 ounces cranberries
- ☐ 1 large egg yolk (large)
- ☐ 2 large eggs (large)
- ☐ 1.3 cups flour all-purpose
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1.5 cups granulated sugar

- ☐ 0.3 cup half-and-half
- ☐ 35 servings lightly whipped cream sweetened for serving
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 stick butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ skewers
- ☐ tart form

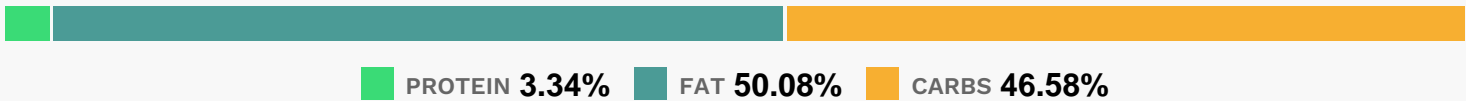
Directions

- ☐ In a standing mixer fitted with the paddle, beat the butter with the sugar at medium speed until light and fluffy, about 3 minutes.
- ☐ Add the egg yolk, vanilla and salt, scrape down the side of the bowl and beat at low speed until smooth. Gradually add the flour, beating until the dough just forms a ball. Pat the dough into a disk and cover with plastic wrap. Refrigerate the dough for at least 1 hour or overnight.
- ☐ Roll out the dough between 2 sheets of parchment paper into a 12-inch round. Carefully peel off the top layer of parchment paper and invert the dough onto a 9-inch fluted tart pan with

a removable bottom. Peel off the parchment paper and gently press the dough into the pan. Trim the dough flush with the rim. Patch any cracks with the dough trimmings. Lightly prick the bottom with a fork. Refrigerate the tart shell until firm, about 30 minutes, or freeze for 10 minutes.

- ☐ Preheat the oven to 350°F.
- ☐ Line the tart shell with foil and fill with pie weights or dried beans.
- ☐ Bake the tart shell for about 30 minutes, until the rim is lightly golden.
- ☐ Remove the foil and weights and bake the tart shell for about 5 minutes longer, until it is lightly golden all over. Set the tart pan on a baking sheet. Increase the oven temperature to 375°F.
- ☐ In a medium saucepan, combine the granulated sugar with the water and cook over moderately high heat, stirring, until the sugar dissolves.
- ☐ Add the cranberries, cover and cook over moderate heat for 3 minutes, stirring once or twice.
- ☐ Remove the pan from the heat and let the cranberries cool to room temperature.
- ☐ Drain the cranberries well; reserve the cranberry syrup.
- ☐ In a medium bowl, beat the eggs with the brown sugar and flour.
- ☐ Whisk in the half-and-half and the almond extract.
- ☐ Spread the cranberries in the tart shell.
- ☐ Drizzle 1 tablespoon of the reserved cranberry syrup over the cranberries, then pour in the almond custard.
- ☐ Bake the tart in the lower third of the oven until a skewer inserted in the center comes out clean, 16 to 18 minutes.
- ☐ Transfer the tart in the pan to a rack to cool completely, at least 2 hours. Dust the tart with confectioners' sugar.
- ☐ Cut the tart into wedges and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:10.13, Inflammation Score:-2, Nutrition Score:1.7552173992862%

Flavonoids

Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 3.98mg, Peonidin: 3.98mg, Peonidin: 3.98mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 155.5kcal (7.78%), Fat: 8.86g (13.63%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 18.12g (6.59%), Sugar: 15.03g (16.7%), Cholesterol: 43.97mg (14.66%), Sodium: 29.34mg (1.28%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 1.33g (2.66%), Vitamin A: 331.59IU (6.63%), Selenium: 2.89µg (4.13%), Manganese: 0.06mg (3.2%), Vitamin B2: 0.05mg (2.72%), Folate: 10.64µg (2.66%), Vitamin B1: 0.04mg (2.62%), Calcium: 19.46mg (1.95%), Iron: 0.32mg (1.79%), Fiber: 0.41g (1.66%), Phosphorus: 15.9mg (1.59%), Vitamin E: 0.23mg (1.54%), Vitamin C: 1.24mg (1.5%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.11mg (1.15%)