



Brown Sugar Strawberry Tart

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup crème fraîche
- ☐ 0.3 cup t brown sugar dark divided packed
- ☐ 1 cup flour
- ☐ 0.1 teaspoon salt
- ☐ 12 ounces strawberries hulled sliced
- ☐ 0.5 cup butter unsalted cold cut into pieces
- ☐ 1 teaspoon vanilla extract divided

☐ 0.5 cup whipping cream

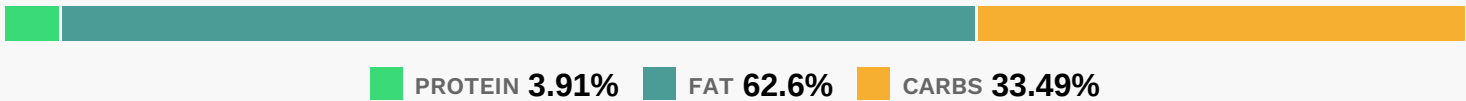
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ In a food processor, whirl flour, 2 tbsp. sugar, the cornstarch, and salt until combined.
- ☐ Add butter and 1/2 tsp. vanilla and pulse until fine crumbs form and dough just begins to come together. Press evenly into bottom and up sides of a 9-in. round tart pan with a removable rim.
- ☐ Bake until edges are golden, 20 to 22 minutes.
- ☐ Let cool on a rack, then gently push tart crust from pan rim; set on a plate.
- ☐ In a bowl with a mixer on high speed, beat crme frache, cream, remaining 2 tbsp. sugar, and remaining 1/2 tsp. vanilla until thick.
- ☐ Spread in cooled crust. Arrange strawberries in circles on top, alternating cut sides down and up.
- ☐ Make ahead: Chill, loosely covered, up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:9.59, Inflammation Score:-5, Nutrition Score:6.4247825767683%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.57mg, Pelargonidin: 10.57mg, Pelargonidin: 10.57mg, Pelargonidin: 10.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 282.62kcal (14.13%), Fat: 19.95g (30.69%), Saturated Fat: 12.19g (76.2%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 22.72g (8.26%), Sugar: 9.79g (10.87%), Cholesterol: 55.79mg (18.6%), Sodium: 49.17mg (2.14%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 2.8g (5.61%), Vitamin C: 25.22mg (30.57%), Manganese: 0.28mg (13.96%), Vitamin A: 667.87IU (13.36%), Folate: 40.75µg (10.19%), Selenium: 6.7µg (9.57%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.14mg (8.47%), Vitamin B3: 1.13mg (5.63%), Iron: 0.98mg (5.45%), Fiber: 1.28g (5.13%), Phosphorus: 50.47mg (5.05%), Vitamin E: 0.65mg (4.36%), Calcium: 42.69mg (4.27%), Potassium: 127.21mg (3.63%), Magnesium: 12.44mg (3.11%), Vitamin D: 0.45µg (3.01%), Copper: 0.05mg (2.68%), Vitamin K: 2.67µg (2.54%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.27mg (1.79%), Vitamin B12: 0.08µg (1.3%)