



## Cherimoya Tart with Raspberries & Lime



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



310 kcal

DESSERT

### Ingredients

- ☐ 5 limes
- ☐ 1 sheet puff pastry
- ☐ 24 raspberries
- ☐ 0.5 cup sugar

### Equipment

- ☐ sauce pan
- ☐ oven
- ☐ wax paper

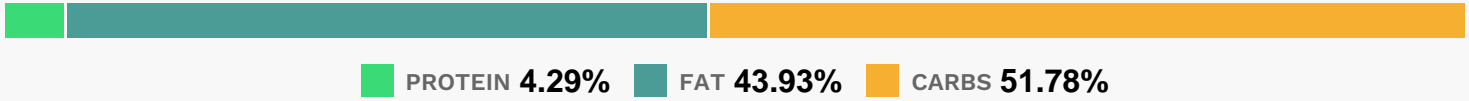
- ☐ rolling pin
- ☐ tart form
- ☐ candy thermometer

## Directions

- ☐ Grate enough of the limes to get 1 ½ teaspoons zest.
- ☐ Spread ½ teaspoon of the zest onto a sheet of wax paper to dry for several hours. Reserve the remaining zest. Juice all the limes to get about ¼ cup juice, plus a bit more held separately.
- ☐ In a small saucepan, dissolve the sugar in ¼ cup water and ¼ cup lime juice and bring to a boil. Reduce the heat and simmer, without stirring, until you get to a syrupy consistency, about 15 mins (or at 230 degrees on a candy thermometer).
- ☐ Remove from heat and let cool completely. Stir in ½ teaspoon the fresh undried lime zest. Set the lime glaze aside.
- ☐ Butter the bottom and sides of an 11×8 tart pan with a removable bottom. Unroll puff pastry and sprinkle the remaining fresh, undried lime zest evenly over the surface and gently roll into the creases. You may need to roll all one direction to make the pastry dough into an appropriately sized rectangle. Drape the pastry over the rolling pin and carefully lift onto and into the tart pan. Gently ease the dough into the tart pan and press it into place. Clean up and cut the edges of the dough even with the top of the tart pan, if you like or leave it rough for a more rustic appearance.
- ☐ Add a tablespoon of water to the lightly beaten egg.
- ☐ Brush the bottom and exposed sides of the dough with the egg wash. Refrigerate the dough for 30 mins or more. Prick the bottom of the dough with a fork or run a dough docker over the bottom of the tart pan. No weights are necessary.
- ☐ Bake 25–30 mins in a 350 degree oven until golden brown. Check it periodically and gently press the bottom down if it puffs too much. Do not break the pastry.
- ☐ Remove from oven and let cool to warm. When it is cool enough to handle, gently loosen the sides of the shell and move the shell to a platter.
- ☐ Brush the shell with some of the lime glaze. You may need to gently re-heat it to get it to a brushable consistency.
- ☐ Cut the cherimoyas into quarters. Peel each quarter separately and cut into ¼ inch slices.
- ☐ Remove the seeds as you work.

- ☐
- Brush the slices with the left over bit of extra lime juice to keep them from discoloring.
- ☐
- Arrange the cherimoya slices on top of the puffed pastry shell in an attractive pattern.
- ☐
- Brush them generously with the lime glaze.
- ☐
- Sprinkle with the well dried lime peel and garnish with raspberries.
- ☐
- Serve within 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:30.68, Glycemic Load:23.09, Inflammation Score:-3, Nutrition Score:6.0673913230067%

## Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 24.01mg, Hesperetin: 24.01mg, Hesperetin: 24.01mg, Hesperetin: 24.01mg Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 310.07kcal (15.5%), Fat: 15.77g (24.27%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 39.13g (14.23%), Sugar: 18.23g (20.26%), Cholesterol: 0mg (0%), Sodium: 103.04mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin C: 18.34mg (22.23%), Selenium: 10.22µg (14.6%), Manganese: 0.26mg (12.9%), Vitamin B1: 0.18mg (12.12%), Fiber: 2.7g (10.78%), Folate: 38µg (9.5%), Vitamin B3: 1.86mg (9.31%), Iron: 1.44mg (8.02%), Vitamin B2: 0.13mg (7.82%), Vitamin K: 7.53µg (7.17%), Copper: 0.09mg (4.56%), Phosphorus: 36.87mg (3.69%), Magnesium: 11.64mg (2.91%), Vitamin E: 0.41mg (2.75%), Potassium: 94.27mg (2.69%), Calcium: 24.67mg (2.47%), Zinc: 0.31mg (2.09%), Vitamin B6: 0.04mg (1.85%), Vitamin B5: 0.15mg (1.47%)