



Cinnamon blueberry tart

READY IN



30 min.

SERVINGS



6

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 2 tsp ground cinnamon
- ☐ 6 tbsp brown sugar
- ☐ 375 g pastry crust
- ☐ 200 g cheese soft
- ☐ 1 orange juice
- ☐ 2 tbsp powdered sugar for dusting
- ☐ 300 g blueberries

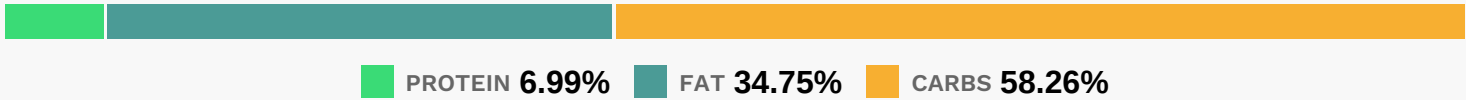
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Line a baking sheet with baking parchment.
- ☐ Mix together the cinnamon and caster sugar.
- ☐ Scatter the cinnamon sugar over the work surface, then roll out the pastry on top of the sugar, to about the thickness of 2 x 1 coins. Using a large dinner plate, cut out a neat round (approx 23cm is fine) and lift onto the lined baking sheet. Prick the pastry all over with a fork and crimp round the edge with finger and thumb. Chill for 15 mins.
- ☐ Bake the pastry in the oven for 10–12 mins, or until dry and biscuity. Allow to cool completely before carefully transferring to a serving plate.
- ☐ Beat the soft cheese with the orange juice and zest, adding the icing sugar to taste.
- ☐ Spread this over the pastry base leaving a 2.5cm border around the edge. Top the orange cream with the blueberries and lightly dust with icing sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:15.5, Inflammation Score:-6, Nutrition Score:10.286521673203%

Flavonoids

Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg, Cyanidin: 4.23mg Petunidin: 15.77mg, Petunidin: 15.77mg, Petunidin: 15.77mg, Petunidin: 15.77mg Delphinidin: 17.72mg, Delphinidin: 17.72mg, Delphinidin: 17.72mg, Delphinidin: 17.72mg Malvidin: 33.79mg, Malvidin: 33.79mg, Malvidin: 33.79mg, Malvidin: 33.79mg Peonidin: 10.15mg, Peonidin: 10.15mg, Peonidin: 10.15mg, Peonidin: 10.15mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg

Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 394.66kcal (19.73%), Fat: 15.41g (23.71%), Saturated Fat: 7.67g (47.95%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 55.27g (20.1%), Sugar: 21.45g (23.84%), Cholesterol: 33.67mg (11.22%), Sodium: 410.64mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.95%), Manganese: 0.63mg (31.49%), Selenium: 17.68µg (25.25%), Vitamin B1: 0.37mg (24.9%), Vitamin B2: 0.31mg (18.48%), Folate: 64.17µg (16.04%), Vitamin B3: 2.85mg (14.25%), Iron: 2.36mg (13.12%), Vitamin C: 9.88mg (11.98%), Vitamin K: 12.19µg (11.61%), Fiber: 2.87g (11.47%), Vitamin A: 497.22IU (9.94%), Phosphorus: 91.28mg (9.13%), Calcium: 61.98mg (6.2%), Copper: 0.11mg (5.54%), Potassium: 168.5mg (4.81%), Vitamin B5: 0.48mg (4.79%), Magnesium: 18.08mg (4.52%), Vitamin E: 0.65mg (4.31%), Zinc: 0.58mg (3.85%), Vitamin B6: 0.07mg (3.69%), Vitamin B12: 0.07µg (1.22%)