



## Coconut Tartlets with Poached Pineapple and Mascarpone Cream



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



1

CALORIES



3802 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup mascarpone cheese
- ☐ 0.8 teaspoon peppercorns crushed (see Notes)
- ☐ 2 cups pineapple fresh diced ()
- ☐ 1 cup pineapple juice
- ☐ 3.5 cups coconut shredded sweetened fine (such as Baker's Angel Flake, which has a texture)
- ☐ 5 tablespoons butter unsalted melted
- ☐ 0.5 cup whipping cream

- ☐ 2 star anise whole

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ slotted spoon
- ☐ offset spatula

## Directions

- ☐ Preheat oven to 32
- ☐ Put coconut and butter in a medium bowl and stir until coconut is moist. Divide mixture evenly among tart pans and press into bottoms and up sides to form a thin shell. Put tart pans on a baking sheet and bake until shells are golden brown, rotating sheet halfway through, about 15 minutes.
- ☐ Let cool 5 minutes, then gently remove shells from tart pans and cool fully on a cooling rack.
- ☐ In a medium saucepan over high heat, combine diced pineapple, pineapple juice, and star anise. Bring mixture to a boil, then reduce heat and simmer, uncovered, until pineapple is tender, about 5 minutes. Using a slotted spoon, transfer pineapple to a bowl and refrigerate, uncovered, until cool, about 10 minutes. Meanwhile, increase heat to high and boil remaining liquid until thick and syrupy and reduced to 1/2 cup, about 2 minutes.
- ☐ Remove star anise and discard; refrigerate syrup, uncovered, until cooled to room temperature, about 20 minutes.
- ☐ In a medium bowl, stir mascarpone and pineapple syrup together. In a separate bowl, beat cream until stiff peaks form. Stir half the cream into mascarpone mixture to lighten it, then gently fold in remaining cream.
- ☐ Divide cream filling evenly among tart shells, smoothing it with the back of a spoon or a small offset spatula. Spoon diced pineapple over cream filling, dividing evenly.
- ☐ Sprinkle the top of each tart with a pinch of crushed pink peppercorn.
- ☐ Serve immediately.

# Nutrition Facts



 **PROTEIN 3.3%**  **FAT 72.57%**  **CARBS 24.13%**

## Properties

Glycemic Index:141.67, Glycemic Load:36.85, Inflammation Score:-10, Nutrition Score:50.315217557161%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 3802.25kcal (190.11%), Fat: 313.88g (482.9%), Saturated Fat: 225.56g (1409.74%), Carbohydrates: 234.8g (78.27%), Net Carbohydrates: 214.4g (77.96%), Sugar: 195.58g (217.31%), Cholesterol: 509.97mg (169.99%), Sodium: 997.88mg (43.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.25%), Manganese: 12.52mg (625.78%), Vitamin C: 184.68mg (223.85%), Vitamin A: 6876.07IU (137.52%), Selenium: 57.7µg (82.43%), Fiber: 20.39g (81.58%), Copper: 1.6mg (79.91%), Vitamin B6: 1.53mg (76.28%), Magnesium: 244.19mg (61.05%), Calcium: 558.71mg (55.87%), Potassium: 1930.58mg (55.16%), Iron: 8.93mg (49.61%), Phosphorus: 482.16mg (48.22%), Zinc: 6.88mg (45.88%), Vitamin B1: 0.53mg (35.53%), Vitamin B5: 3.55mg (35.52%), Folate: 134.7µg (33.68%), Vitamin B2: 0.48mg (28.08%), Vitamin E: 4.09mg (27.3%), Vitamin D: 2.95µg (19.69%), Vitamin B3: 3.82mg (19.09%), Vitamin K: 18.07µg (17.21%), Vitamin B12: 0.31µg (5.16%)