



WHATSheATE



Cranberry Almond Crostata



Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 10 ounces cranberries fresh
- ☐ 1 large eggs divided lightly beaten
- ☐ 2 cups flour all-purpose divided
- ☐ 1 tablespoon granulated sugar
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup orange juice fresh

- ☐ 0.5 cup orange marmalade sweet
- ☐ 0.5 teaspoon salt
- ☐ 1.3 sticks butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.3 pound almonds raw whole cooled toasted

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ wax paper
- ☐ springform pan

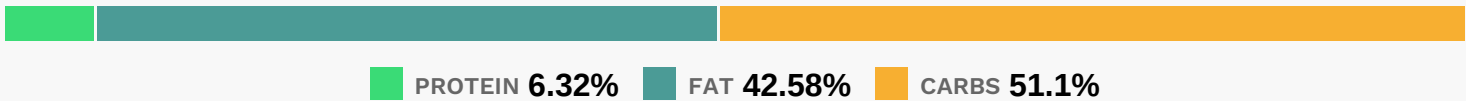
Directions

- ☐ Pulse almonds with 1/4 cup flour until finely ground (be careful not to grind to a paste).
- ☐ Beat together butter and brown sugar with an electric mixer at medium speed until pale and fluffy, about 3 minutes. Reserve 1 tablespoon beaten egg, chilled, for egg wash and beat remaining egg into butter mixture, then add vanilla and almond extracts, beating well. At low speed, mix in almond mixture, zest, salt, and remaining 1 3/4 cups flour until mixture just forms a dough.
- ☐ Halve dough and form each half into a 5- to 6-inch disk. Wrap disks separately in plastic wrap and chill until firm, at least 30 minutes.
- ☐ Bring cranberries, orange juice, marmalade, brown sugar, and 1/4 teaspoon salt to a boil in a heavy medium pot, stirring, then simmer, uncovered, until some of cranberries burst and

mixture is slightly thickened, about 5 minutes. Cool filling quickly by spreading it in a shallow baking pan and chilling until lukewarm, about 15 minutes.

- ☐ Preheat oven to 375°F with a foil-lined large baking sheet on middle rack. Generously butter springform pan.
- ☐ Roll out 1 piece of dough between sheets of parchment paper into a 12-inch round (dough will be very tender).
- ☐ Remove top sheet of paper and invert dough into springform pan. (Dough will tear easily but can be patched together with your fingers.) Press dough over bottom and up side of pan, trimming dough to reach 1/2 inch up side of pan. Chill shell.
- ☐ Roll out remaining dough into a 12-inch round in same manner.
- ☐ Remove top sheet of paper, then cut dough into 10 (1/3-inch-wide) strips with pastry wheel and slide (still on wax paper) onto a tray. Freeze strips until firm, about 10 minutes.
- ☐ Spread filling in chilled shell and arrange 5 strips 1 inch apart on filling. Arrange remaining 5 strips 1 inch apart diagonally across first strips to form a lattice with diamond-shaped spaces. Trim edges of all strips flush with edge of shell.
- ☐ Brush lattice top with reserved beaten egg and sprinkle crostata with granulated sugar.
- ☐ Bake crostata in pan on hot baking sheet until pastry is golden and filling is bubbling, 50 to 60 minutes. (If pastry is too brown after 30 minutes, loosely cover crostata with foil.) Cool crostata completely in pan on a rack, 1 1/2 to 2 hours (to allow juices to thicken).
- ☐ Crostata is best the day it is baked but can be made 1 day ahead and cooled completely, then kept, covered with foil, at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:20.18, Inflammation Score:-6, Nutrition Score:12.175652135973%

Flavonoids

Cyanidin: 16.8mg, Cyanidin: 16.8mg, Cyanidin: 16.8mg, Cyanidin: 16.8mg Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 17.42mg, Peonidin: 17.42mg, Peonidin: 17.42mg, Peonidin: 17.42mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg

Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 459.5kcal (22.98%), Fat: 22.36g (34.4%), Saturated Fat: 9.86g (61.61%), Carbohydrates: 60.38g (20.13%), Net Carbohydrates: 56.29g (20.47%), Sugar: 29.79g (33.1%), Cholesterol: 61.21mg (20.4%), Sodium: 172.84mg (7.51%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 7.47g (14.94%), Manganese: 0.68mg (34.1%), Vitamin E: 4.61mg (30.71%), Vitamin B2: 0.37mg (21.53%), Selenium: 13.61µg (19.44%), Vitamin B1: 0.29mg (19.35%), Folate: 71.57µg (17.89%), Fiber: 4.1g (16.4%), Iron: 2.32mg (12.89%), Magnesium: 50.98mg (12.75%), Vitamin C: 10.44mg (12.66%), Phosphorus: 125.19mg (12.52%), Copper: 0.25mg (12.35%), Vitamin B3: 2.47mg (12.33%), Vitamin A: 524.53IU (10.49%), Calcium: 74.06mg (7.41%), Potassium: 221.06mg (6.32%), Zinc: 0.81mg (5.38%), Vitamin B5: 0.46mg (4.61%), Vitamin B6: 0.08mg (3.9%), Vitamin K: 3.13µg (2.98%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.09µg (1.43%)