



## Cranberry-Apple Tart

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

DESSERT

## Ingredients

- ☐ 1.5 cups cranberries fresh
- ☐ 1.5 cups flour all-purpose divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 cups golden delicious apple diced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 7.5 tablespoons ice water
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 1.5 teaspoons sugar
- ☐ 4.5 tablespoons vegetable shortening
- ☐ 0.3 cup water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ tart form

## Directions

- ☐ Preheat oven to 42
- ☐ Combine first 5 ingredients in a large saucepan. Stir in diced apple and cranberries; bring to a boil. Reduce heat, and simmer 15 minutes or until cranberries pop; stir occasionally.
- ☐ Remove from heat; cool.
- ☐ Combine 1/4 cup flour and ice water, stirring with a whisk until well-blended; set aside.
- ☐ Combine 1 1/4 cups flour, 1 1/2 teaspoons sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add ice water mixture; mix with a fork until flour mixture is moist. Gently press two-thirds of flour mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Repeat procedure with remaining flour mixture.
- ☐ Roll larger portion of dough, still covered, into an 11-inch circle.

- ☐ Roll smaller portion of dough, still covered, into a 9-inch circle. Chill both portions of dough 10 minutes or until plastic can be easily removed. Working with larger portion of dough, remove top sheet of plastic; fit dough, uncovered side down, into a 9-inch round removable-bottom tart pan coated with cooking spray.
- ☐ Remove bottom sheet of plastic. Fold edges of pastry under; press up sides of pan. Spoon cranberry mixture into crust; set aside.
- ☐ Working with the smaller portion of dough, remove top sheet of plastic.
- ☐ Cut dough into 1/2-inch strips. Gently remove dough strips from bottom sheet of plastic; arrange in a lattice design over cranberry mixture. Seal dough strips to edge of crust.
- ☐ Place tart on a baking sheet.
- ☐ Bake at 425 for 40 minutes or until crust is browned and filling is bubbly. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:47.4, Glycemic Load:35.39, Inflammation Score:-3, Nutrition Score:5.4026086537734%

## Flavonoids

Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

## Nutrients (% of daily need)

Calories: 299.49kcal (14.97%), Fat: 7.65g (11.77%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 52.9g (19.24%), Sugar: 32.84g (36.49%), Cholesterol: 0mg (0%), Sodium: 149.23mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin B1: 0.21mg (14.26%), Manganese: 0.27mg (13.44%), Selenium: 8.76µg (12.51%), Folate: 48.46µg (12.12%), Fiber: 2.9g (11.61%), Vitamin B2: 0.15mg (8.83%), Vitamin B3: 1.57mg (7.87%), Iron: 1.32mg (7.35%), Vitamin K: 5.98µg (5.69%), Vitamin E: 0.82mg (5.45%), Vitamin C:

2.97mg (3.6%), Copper: 0.07mg (3.59%), Phosphorus: 35.72mg (3.57%), Potassium: 105.79mg (3.02%), Vitamin B6: 0.05mg (2.71%), Vitamin B5: 0.26mg (2.63%), Magnesium: 10.14mg (2.53%), Zinc: 0.23mg (1.5%), Calcium: 10.9mg (1.09%)