



Cranberry-Chocolate Tart

READY IN



45 min.

SERVINGS



12

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 1.3 cups chocolate wafer crumbs finely (made from)
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) divided
- ☐ 1 strips candied ginger thin (optional garnish)
- ☐ 4 tablespoons candied ginger finely chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 8 ounce mascarpone cheese

- ☐ 0.5 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream chilled

Equipment

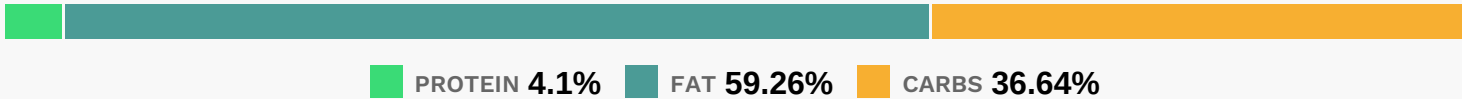
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Pour 1/4 cup cranberry juice into small bowl; sprinkle gelatin over.
- ☐ Let stand until softened, 15 minutes.
- ☐ Combine 1/4 cup cranberry juice, cranberries, and next 5 ingredients in medium saucepan; bring to boil, stirring until sugar dissolves. Reduce heat to medium; simmer until cranberries are tender but still plump, 5 minutes. Strain into bowl; set cranberries aside.
- ☐ Add gelatin mixture to hot juice in bowl; stir until gelatin dissolves. Stir cranberries back into juice. Chill until cranberry mixture is cold and slightly thickened, at least 8 hours or overnight. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ Stir chopped crystallized ginger into cranberry mixture.
- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Combine chocolate wafer cookie crumbs, sugar, and salt in medium bowl; add 5 tablespoons melted butter and stir until crumbs feel moist when pressed together with fingertips, adding remaining 1 tablespoon melted butter if mixture is dry. Press crumb mixture firmly onto bottom and up sides of 9-inch-diameter tart pan with removable bottom.
- ☐ Bake chocolate crust until beginning to set and slightly crisp, pressing with spoon if crust puffs during baking, about 14 minutes.

- ☐ Transfer tart pan to rack and cool crust completely before filling.
- ☐ Using electric mixer, beat all ingredients except ginger in medium bowl just until thick enough to spread (do not overbeat or mixture may curdle).
- ☐ Spread filling in cooled crust. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Spoon cranberry mixture evenly over mascarpone filling. Chill at least 2 hours and up to 6 hours.
- ☐ Garnish with crystallized ginger strips, if desired.
- ☐ Cut tart into wedges and serve cold.
- ☐ *An Italian cream cheese; sold at many supermarkets and at Italian markets.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:8.7, Inflammation Score:-4, Nutrition Score:3.3878260902736%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 277.86kcal (13.89%), Fat: 18.54g (28.52%), Saturated Fat: 11.07g (69.18%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 24.36g (8.86%), Sugar: 18.84g (20.94%), Cholesterol: 42.88mg (14.29%), Sodium: 107.75mg (4.68%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 2.89g (5.77%), Vitamin A: 579.35IU (11.59%), Manganese: 0.19mg (9.28%), Vitamin C: 5.34mg (6.47%), Fiber: 1.43g (5.73%), Vitamin E: 0.81mg (5.42%), Copper: 0.09mg (4.32%), Calcium: 41.54mg (4.15%), Vitamin B2: 0.06mg (3.66%), Iron: 0.58mg (3.23%), Vitamin K: 2.96µg

(2.82%), Phosphorus: 27.31mg (2.73%), Magnesium: 9.56mg (2.39%), Vitamin B1: 0.03mg (2.04%), Potassium: 68.4mg (1.95%), Vitamin B3: 0.38mg (1.92%), Selenium: 1.25µg (1.78%), Folate: 6.73µg (1.68%), Vitamin D: 0.25µg (1.64%), Vitamin B5: 0.16mg (1.62%), Vitamin B6: 0.03mg (1.6%), Zinc: 0.2mg (1.3%)