



Cranberry-Lime Tart

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons five-spice powder chinese
- ☐ 1.3 cups all purpose flour
- ☐ 16 servings chocolate curls white
- ☐ 1.5 teaspoons cornstarch
- ☐ 6 large egg yolks
- ☐ 3 tablespoons honey
- ☐ 8 lime twists thin
- ☐ 0.5 cup juice of lime fresh

- ☐ 2.5 teaspoons lime zest grated
- ☐ 3 cups partially fresh frozen thawed
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.7 cup sugar
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 5 ounces chocolate white chopped
- ☐ 0.3 cup almonds whole cooled toasted

Equipment

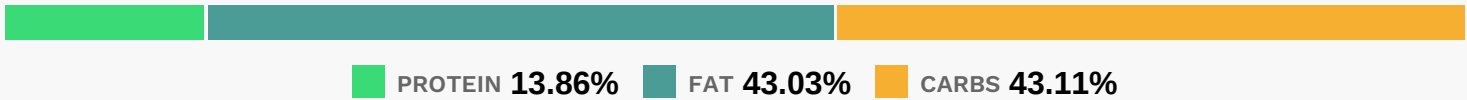
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ tart form

Directions

- ☐ Whisk lime juice and cornstarch in heavy medium saucepan.
- ☐ Whisk in sugar and yolks, then add butter.
- ☐ Whisk constantly over medium heat until mixture simmers and thickens, about 8 minutes.
Strain into small bowl.
- ☐ Mix in lime peel. Cover; chill overnight.
- ☐ Finely grind flour, sugar, almonds, and salt in processor.

- ☐ Add butter and vanilla; cut in, using on/off turns, until mixture just forms soft moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic. Refrigerate 1 hour. Press dough onto bottom and up sides of 11-inch-diameter tart pan with removable bottom. Using thumb, press dough up sides to extend 1/8 inch above rim of pan. Freeze crust 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Bake crust until golden brown, pressing with back of spoon if crust bubbles, about 25 minutes.
- ☐ Transfer to rack and cool completely.
- ☐ Whisk 1/4 cup water and cornstarch in heavy large saucepan to blend.
- ☐ Add sugar, honey, and five-spice powder, if desired. Stir over medium-high heat until mixture comes to boil.
- ☐ Add cranberries; cook until mixture boils and berries just begin to pop but still maintain shape, occasionally stirring gently, about 5 minutes. Cool completely (mixture will thicken).
- ☐ Stir chocolate in top of double boiler over simmering water until melted and smooth.
- ☐ Remove from over water; whisk in sour cream and vanilla. Cool completely.
- ☐ Spread white chocolate cream into crust; freeze 15 minutes. Spoon curd over; spread evenly. Spoon cranberry topping by tablespoonfuls over, then spread carefully to cover completely. Cover and chill overnight. (Can be made 2 days ahead. Keep refrigerated.)
- ☐ Remove pan sides; transfer tart to platter.
- ☐ Sprinkle chocolate curls around edge of tart.
- ☐ Garnish with lime twists.
- ☐ *A blend of star anise, cinnamon, cloves, fennel seeds, and pepper available in the spice section of most supermarkets

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:17.84, Inflammation Score:-6, Nutrition Score:14.741304314655%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 15.22mg, Hesperetin: 15.22mg, Hesperetin: 15.22mg, Hesperetin: 15.22mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 368.75kcal (18.44%), Fat: 18.49g (28.45%), Saturated Fat: 9.12g (57.02%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 36.63g (13.32%), Sugar: 24.4g (27.11%), Cholesterol: 98.04mg (32.68%), Sodium: 91.53mg (3.98%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 13.4g (26.8%), Manganese: 0.82mg (40.93%), Selenium: 20.46µg (29.23%), Folate: 94.2µg (23.55%), Vitamin B1: 0.34mg (22.93%), Phosphorus: 225.84mg (22.58%), Copper: 0.43mg (21.25%), Fiber: 5.06g (20.23%), Magnesium: 75.89mg (18.97%), Potassium: 569.11mg (16.26%), Iron: 2.86mg (15.91%), Vitamin C: 12.32mg (14.93%), Vitamin B6: 0.28mg (14.04%), Vitamin B2: 0.23mg (13.59%), Calcium: 122.16mg (12.22%), Vitamin E: 1.51mg (10.06%), Zinc: 1.35mg (8.99%), Vitamin A: 435.86IU (8.72%), Vitamin B5: 0.76mg (7.57%), Vitamin B3: 1.49mg (7.43%), Vitamin B12: 0.21µg (3.55%), Vitamin D: 0.5µg (3.36%), Vitamin K: 2.89µg (2.75%)