



Cranberry-Orange Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 2.5 tablespoons cornstarch
- ☐ 12 ounce cranberries fresh
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup ice water
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup orange marmalade
- ☐ 1 tablespoon orange rind grated

- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons walnuts toasted chopped

Equipment

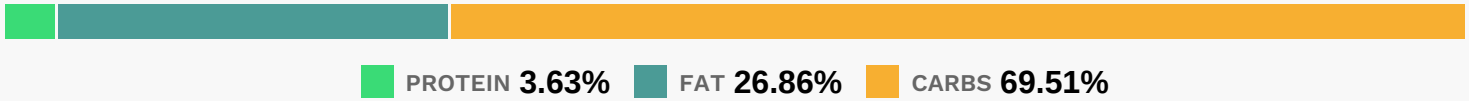
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Preheat oven to 42
- ☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 2 tablespoons sugar, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball). Gently press mixture into a 4-inch circle on plastic wrap. Cover and chill for 15 minutes.
- ☐ Slightly overlap 2 lengths of plastic wrap on slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional lengths of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 14-inch circle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can be easily removed.

- ☐ Remove plastic wrap; fit dough into a 10-inch round removable-bottom tart pan coated with cooking spray. Fold edges under or flute decoratively.
- ☐ To prepare filling, combine juice and cornstarch in a large bowl; stir well with a whisk.
- ☐ Add remaining ingredients; stir well.
- ☐ Pour mixture into prepared pan.
- ☐ Bake at 425 for 20 minutes. Reduce oven temperature to 350 (do not remove tart from oven); bake an additional 35 minutes or until crust is lightly browned. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:38.22, Glycemic Load:27.74, Inflammation Score:-4, Nutrition Score:5.1747826849637%

Flavonoids

Cyanidin: 15.85mg, Cyanidin: 15.85mg, Cyanidin: 15.85mg, Cyanidin: 15.85mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 275.05kcal (13.75%), Fat: 8.43g (12.98%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 47.1g (17.13%), Sugar: 29.41g (32.68%), Cholesterol: 18.06mg (6.02%), Sodium: 89.55mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Manganese: 0.32mg (16.17%), Vitamin C: 10.12mg (12.27%), Vitamin B1: 0.17mg (11.14%), Folate: 40.24µg (10.06%), Selenium: 6.82µg (9.75%), Fiber: 2.02g (8.08%), Vitamin B2: 0.11mg (6.74%), Vitamin B3: 1.21mg (6.05%), Iron: 1.06mg (5.9%), Vitamin A: 254.74IU (5.09%), Copper: 0.09mg (4.65%), Vitamin E: 0.68mg (4.53%), Phosphorus: 35.04mg (3.5%), Magnesium: 10.84mg (2.71%), Vitamin K: 2.41µg (2.29%), Potassium: 79.39mg (2.27%), Vitamin B5: 0.22mg (2.23%), Vitamin B6: 0.04mg (2.23%),

Zinc: 0.24mg (1.63%), Calcium: 14.94mg (1.49%)