



Creamy rhubarb tarts

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



571 kcal

DESSERT

Ingredients

- ☐ 375 g puff pastry
- ☐ 1 eggs beaten
- ☐ 1 tbsp little demerara sugar
- ☐ 1 tbsp crème fraîche
- ☐ 2 sticks rhubarb thinly sliced
- ☐ 2 tbsp powdered sugar

Equipment

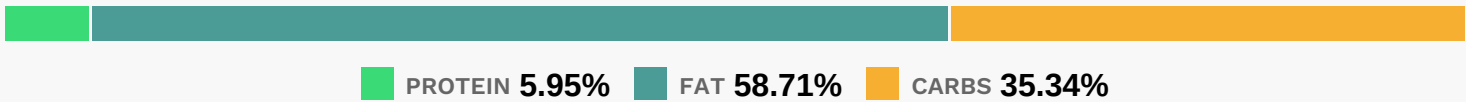
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Roll the pastry out thinly and, using a plate or cutter, cut out 4 circles about 14cm in diameter. Use a slightly smaller cutter to cut a circle out of the middle and trim away the outside border, reserving these trimmings.
- ☐ Lay the 4 circles on a baking sheet, prick all over with a fork and brush the edges with egg. Use the pastry trimmings to make a border around the edge like a vol-au-vent and press down gently with your thumb. Chill until needed. This can be done up to 1 day ahead or frozen for up to 1 month.
- ☐ In a small bowl, mix the demerara sugar with the crme frache and spread a thin amount over the base of each tart. Neatly arrange slices of rhubarb, overlapping in a floral pattern, over the crme frache, then dust generously with icing sugar.
- ☐ Bake the tarts for 20 mins until puffed up and golden. Leave to rest for a few mins and eat warm with a scoop of ice cream, if you like.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:22.98, Inflammation Score:-3, Nutrition Score:10.490434843561%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 571.12kcal (28.56%), Fat: 37.4g (57.54%), Saturated Fat: 9.7g (60.63%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 48.78g (17.74%), Sugar: 8g (8.89%), Cholesterol: 42.69mg (14.23%), Sodium: 251.18mg (10.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Selenium: 26.48µg (37.83%), Manganese: 0.51mg (25.62%), Vitamin B1: 0.38mg (25.55%), Vitamin K: 22.64µg (21.56%), Folate: 80.26µg (20.07%), Vitamin B3: 3.99mg (19.98%), Vitamin B2: 0.33mg (19.35%), Iron: 2.66mg (14.8%), Phosphorus: 83.91mg (8.39%), Fiber: 1.87g

(7.46%), Copper: 0.12mg (6.06%), Magnesium: 19.74mg (4.93%), Vitamin E: 0.7mg (4.68%), Zinc: 0.68mg (4.5%), Potassium: 150.51mg (4.3%), Calcium: 40.9mg (4.09%), Vitamin C: 2.07mg (2.51%), Vitamin B6: 0.05mg (2.29%), Vitamin A: 105.04IU (2.1%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.22µg (1.47%)