



Double-Crust Cherry Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



571 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 lb butter at room temperature
- ☐ 1.5 pounds cherries fresh pitted rinsed
- ☐ 2 large egg yolks
- ☐ 2.5 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons quick-cooking tapioca
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.7 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ In a bowl, with a mixer on medium speed, beat butter with 3/4 cup sugar until smooth; beat in egg yolks. Stir in flour, cornmeal, baking powder, and salt until well blended. Divide dough in half. Press one portion over bottom and up sides to rim of a 9-inch fluted tart pan with removable rim.
- ☐ Place other portion on a lightly floured piece of waxed paper. With a lightly floured rolling pin, roll out dough to a 10-inch round. Slide round onto a baking sheet. Chill tart shell and round until firm, at least 30 minutes, or wrap airtight and chill up to 3 days.
- ☐ In another bowl, mix cherries, tapioca, lemon juice, and remaining 1/4 cup sugar.
- ☐ Let stand 10 minutes.
- ☐ Pour into chilled tart shell and spread level. Invert round over tart. Press edges into rim of tart pan, pinching off any excess.
- ☐ Sprinkle tart lightly with sugar.
- ☐ Place tart pan on an uninsulated baking sheet.
- ☐ Bake on the lower rack of a 375 oven until top is golden brown, 35 to 40 minutes, rotating tart halfway through baking time.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:47.2, Glycemic Load:47.52, Inflammation Score:-7, Nutrition Score:10.977391274079%

Flavonoids

Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 570.93kcal (28.55%), Fat: 25.53g (39.28%), Saturated Fat: 15.21g (95.06%), Carbohydrates: 81.01g (27%), Net Carbohydrates: 76.91g (27.97%), Sugar: 36.24g (40.26%), Cholesterol: 106.85mg (35.62%), Sodium: 311.58mg (13.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.33%), Vitamin B1: 0.38mg (25.25%), Selenium: 16.85µg (24.08%), Folate: 86.82µg (21.71%), Manganese: 0.41mg (20.73%), Vitamin A: 824.28IU (16.49%), Fiber: 4.09g (16.37%), Vitamin B2: 0.27mg (15.91%), Iron: 2.71mg (15.03%), Vitamin B3: 2.78mg (13.9%), Phosphorus: 124.34mg (12.43%), Magnesium: 33.16mg (8.29%), Potassium: 287.25mg (8.21%), Vitamin C: 6.68mg (8.1%), Vitamin B6: 0.15mg (7.68%), Copper: 0.14mg (7.24%), Vitamin E: 0.9mg (6.01%), Calcium: 59.78mg (5.98%), Zinc: 0.87mg (5.8%), Vitamin B5: 0.58mg (5.8%), Vitamin K: 3.94µg (3.76%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.23µg (1.53%)