



Dried Fruit and Nut Crostata

READY IN



60 min.

SERVINGS



6

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 2.5 tablespoons butter divided melted
- ☐ 2 ounces cranberries dried
- ☐ 1 large eggs
- ☐ 2.5 tablespoons brown sugar divided packed ()
- ☐ 2 tablespoons orange blossom honey
- ☐ 1.8 teaspoons orange peel divided finely grated
- ☐ 2 ounces natural pistachios unsalted divided shelled
- ☐ 1 pie crust refrigerated
- ☐ 1 cup whole-milk yogurt plain

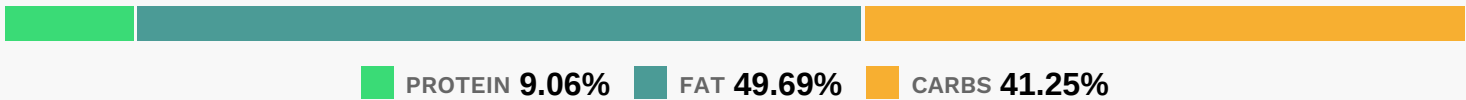
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F. Line baking sheet with parchment paper.
- ☐ Whisk egg, 2 tablespoons brown sugar, 2 tablespoons melted butter, honey, and 1 teaspoon orange peel in medium bowl. Set aside 1 tablespoon nuts for garnish.
- ☐ Add remaining nuts and all dried fruit to bowl with egg mixture; toss filling to coat. Unroll crust onto prepared sheet. Spoon filling into center of crust; spread out in even layer, leaving 1 1/2- to 2-inch border. Fold crust edges over filling, pleating occasionally.
- ☐ Brush crust with remaining 1/2 tablespoon melted butter. Finely chop reserved 1 tablespoon nuts.
- ☐ Mix chopped nuts and remaining 1/2 tablespoon brown sugar in small bowl.
- ☐ Sprinkle over crust.
- ☐ Bake crostata until crust is golden brown and filling is bubbling in center, about 40 minutes.
- ☐ Stir yogurt and remaining 3/4 teaspoon orange peel in small bowl.
- ☐ Serve crostata warm or at room temperature with orange-flavored yogurt.
- ☐ Per serving: 425.59 Calories (kcal), 37.2 % Calories from Fat, 17.58 Fat (g), 3.28 Saturated Fat (g), 40.64 Cholesterol (mg), 64.29 Carbohydrates (g), 4.70 Dietary Fiber (g), 41.58 Total Sugars (g), 59.59 Net Carbs (g), 7.10 Protein (g)
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:7.3517391733501%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 307.87kcal (15.39%), Fat: 17.38g (26.73%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.21g (10.98%), Sugar: 15.6g (17.34%), Cholesterol: 44.36mg (14.79%), Sodium: 198.65mg (8.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Phosphorus: 149.79mg (14.98%), Manganese: 0.27mg (13.56%), Vitamin B1: 0.19mg (12.35%), Vitamin B2: 0.2mg (11.89%), Vitamin B6: 0.22mg (10.87%), Calcium: 108.57mg (10.86%), Selenium: 6.49µg (9.27%), Fiber: 2.24g (8.98%), Folate: 33.87µg (8.47%), Copper: 0.17mg (8.25%), Iron: 1.37mg (7.6%), Potassium: 253.89mg (7.25%), Magnesium: 25.52mg (6.38%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.86mg (5.71%), Vitamin B12: 0.33µg (5.55%), Vitamin E: 0.77mg (5.14%), Vitamin B3: 1.01mg (5.05%), Vitamin A: 235.58IU (4.71%), Vitamin K: 3.3µg (3.14%), Vitamin C: 1.71mg (2.07%), Vitamin D: 0.17µg (1.11%)