



Easy Raspberry Tart

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



297 kcal

DESSERT

Ingredients

- 4 teaspoons cornstarch
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 tablespoon juice of lime freshly squeezed
- 0.5 teaspoon lime zest finely grated (from 1 medium lime)
- 1 pound raspberries fresh frozen (not)
- 0.1 teaspoon salt fine
- 2 teaspoons sugar such as demerara or turbinado coarse-grained

- 10 tablespoons butter unsalted cold cut into small pieces ()
- 8 servings water

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- blender
- plastic wrap

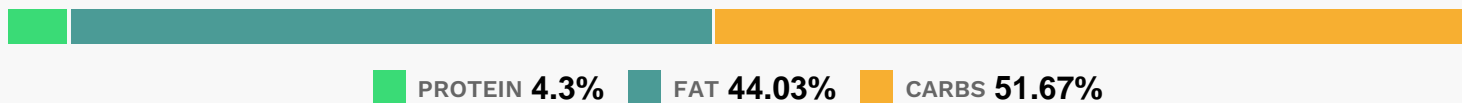
Directions

- Whisk together the flour, sugar, and salt in a medium bowl.
- Add the butter and toss until coated. Using a pastry blender or 2 knives, cut the butter into the dry ingredients until it's reduced to pea-size pieces, about 5 minutes.
- Drizzle in 5 tablespoons of the ice water and mix just until the dough comes together, being careful not to overwork it. (
- Heat the oven to 400°F and arrange a rack in the middle.
- Place a baking sheet on the rack while the oven is heating. Fill a small bowl with water and set it aside.
- Remove the dough from the refrigerator and let it sit at room temperature until slightly softened, about 5 minutes.
- Cut 1 (14-inch-long) piece of parchment paper.
- Place it on a work surface and dust it lightly with flour.
- Remove the dough from the plastic wrap, place it on the parchment, and dust it lightly with flour. Evenly roll out the dough into a 12-inch circle, repairing any cracks around the edges.
- Transfer the dough and parchment to a second baking sheet and refrigerate until firm, about 20 minutes. When the dough is ready, place the sugar, cornstarch, lime zest, and salt in a large

bowl and whisk to combine.

- Add the raspberries and lime juice and gently fold to coat the berries. Pile the raspberries in the center of the prepared dough, leaving a 2-1/2-inch border. Fold the edges of the dough over the raspberries, leaving a 1/2 inch of space between the fold of the dough and the edge of the filling. Pleat the dough about every 2 inches as you go, and repair any rips (make sure to seal any holes in the dough, or the berry juices will escape and burn while the tart bakes). Gently push the raspberries down to slightly flatten.
- Brush the pastry edge lightly with water and sprinkle it with the coarse sugar, if using.
- Remove the hot baking sheet from the oven and transfer the tart and parchment onto it.
- Bake until the pastry is golden and the raspberry juices are bubbling, about 35 to 40 minutes.
- Remove from the oven and let the tart cool on the baking sheet on a wire rack for about 10 minutes.
- Remove the tart and parchment from the baking sheet and return them to the wire rack to cool, about 20 minutes. Before serving, remove the parchment.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:22.46, Inflammation Score:-5, Nutrition Score:7.905652201694%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 296.7kcal (14.84%), Fat: 14.83g (22.82%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 34.84g (12.67%), Sugar: 16.08g (17.87%), Cholesterol: 37.63mg (12.54%), Sodium: 51.41mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Manganese: 0.54mg (27.12%), Vitamin C: 15.45mg (18.73%), Fiber: 4.34g (17.35%), Folate: 55.52µg (13.88%), Vitamin B1: 0.2mg (13.57%), Selenium: 8.34µg (11.91%), Vitamin A: 457.04IU (9.14%), Vitamin B3: 1.73mg (8.67%), Vitamin B2: 0.15mg (8.59%), Iron: 1.5mg (8.33%), Copper: 0.13mg (6.38%), Vitamin E: 0.92mg (6.12%), Vitamin K: 5.73µg (5.46%), Magnesium: 20.55mg (5.14%), Phosphorus: 46.38mg (4.64%), Potassium: 117.79mg (3.37%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.45mg (2.97%), Calcium: 29.58mg (2.96%), Vitamin B6: 0.04mg (2.14%), Vitamin D: 0.26µg (1.75%)