



Elegant Citrus Tart

READY IN



605 min.

SERVINGS



8

CALORIES



653 kcal

DESSERT

Ingredients

- 0.8 cup butter cold cut into pieces
- 0.3 teaspoon coconut extract
- 2 cups flour all-purpose
- 9 fruit assorted peeled
- 8 servings cranberry-orange relish
- 0.7 cup powdered sugar
- 0.3 cup coconut sweetened flaked

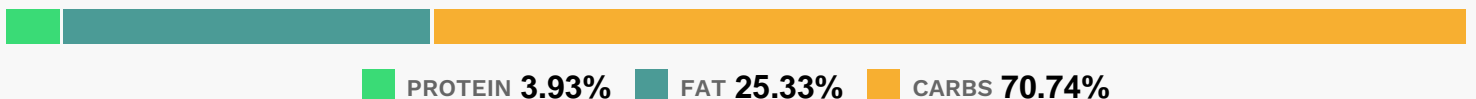
Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- tart form

Directions

- Preheat oven to 35
- Bake coconut in a single layer in a shallow pan 4 to 5 minutes or until toasted and fragrant, stirring halfway through; cool completely (about 15 minutes).
- Pulse coconut, flour, and powdered sugar in a food processor 3 to 4 times or until combined.
- Add butter and coconut extract, and pulse 5 to 6 times or until crumbly. With processor running, gradually add 3 Tbsp. water, and process until dough forms a ball and leaves sides of bowl.
- Roll dough into a 12 1/2- x 8-inch rectangle (about 1/4 inch thick) on a lightly floured surface; press on bottom and up sides of a 12- x 9-inch tart pan with removable bottom. Trim excess dough, and discard.
- Bake at 350 for 30 minutes. Cool completely on a wire rack (about 40 minutes).
- Spread Buttery Orange Curd over crust. Top with citrus sections.
- Note: To make a round tart, roll dough into a 10-inch circle (about 1/4 inch thick) on a lightly floured surface; press on bottom and up sides of a 9-inch round tart pan with removable bottom. Trim excess dough, and discard.
- Bake as directed.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:20.85, Inflammation Score:-9, Nutrition Score:18.54434772678%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 652.69kcal (32.63%), Fat: 19.17g (29.49%), Saturated Fat: 11.99g (74.91%), Carbohydrates: 120.48g (40.16%), Net Carbohydrates: 109.03g (39.65%), Sugar: 76.57g (85.08%), Cholesterol: 45.75mg (15.25%), Sodium: 173.08mg (7.53%), Alcohol: 0.05g (100%), Alcohol %: 0.01% (100%), Protein: 6.69g (13.39%), Vitamin C: 59.02mg (71.54%), Fiber: 11.45g (45.82%), Vitamin A: 2263.19IU (45.26%), Vitamin B1: 0.39mg (25.73%), Copper: 0.48mg (23.82%), Folate: 95.06µg (23.76%), Vitamin K: 24.87µg (23.69%), Vitamin B3: 4.12mg (20.59%), Manganese: 0.41mg (20.35%), Potassium: 665.22mg (19.01%), Vitamin B2: 0.32mg (18.92%), Iron: 3.17mg (17.63%), Selenium: 11.89µg (16.98%), Phosphorus: 115.76mg (11.58%), Magnesium: 43.44mg (10.86%), Vitamin B6: 0.15mg (7.52%), Calcium: 71.61mg (7.16%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.78mg (5.22%), Vitamin E: 0.67mg (4.5%)