



## Fig and Gorgonzola Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 0.3 cup fig preserves
- ☐ 12 mission figs dried black
- ☐ 5.5 ounces flour all-purpose
- ☐ 2 ounces gorgonzola blue crumbled
- ☐ 2 tablespoons ice water
- ☐ 1 Dash salt
- ☐ 1 tablespoon sugar

☐ 1 tablespoon water hot

## Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ knife

☐ wire rack

☐ measuring cup

☐ tart form

## Directions

☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.

☐ Place flour, sugar, and salt in a food processor; pulse 2 times or until combined.

☐ Add chilled butter; pulse 15 times or until mixture resembles cornmeal. With processor on, slowly add 2 tablespoons ice water, 1 tablespoon at a time, through food chute, processing just until blended (do not allow dough to form a ball). Press crumb mixture into bottom and up sides of a 9-inch tart pan coated with cooking spray. Cover and refrigerate 30 minutes.

☐ Preheat oven to 37

☐ Place pan on a baking sheet.

☐ Bake at 375 for 20 minutes (crust will be very lightly browned at edges). Cool slightly.

☐ To prepare filling, place figs in a bowl; add enough boiling water to cover fruit. Cover and let stand 15 minutes or until figs are soft.

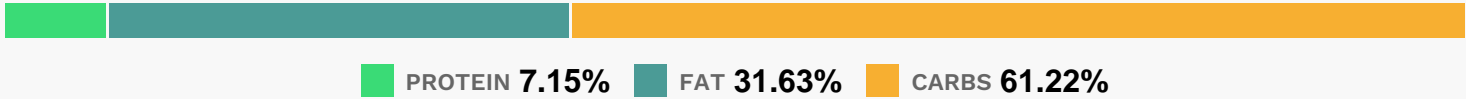
☐ Drain well; chop figs.

☐ Combine preserves and 1 tablespoon hot water in a medium bowl. Stir in chopped figs. Spoon fig mixture into crust, and spread in an even layer.

☐ Bake at 375 for 10 minutes or until heated. Cool on a wire rack for 5 minutes.

☐ Sprinkle with blue cheese.

# Nutrition Facts



## Properties

Glycemic Index:42.26, Glycemic Load:21.92, Inflammation Score:-4, Nutrition Score:6.1626086643209%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 227.56kcal (11.38%), Fat: 8.21g (12.64%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 35.76g (11.92%), Net Carbohydrates: 32.98g (11.99%), Sugar: 17.21g (19.12%), Cholesterol: 20.57mg (6.86%), Sodium: 135.64mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin B1: 0.2mg (13.44%), Manganese: 0.23mg (11.62%), Selenium: 8µg (11.44%), Fiber: 2.78g (11.11%), Folate: 43.7µg (10.93%), Vitamin B2: 0.17mg (9.93%), Vitamin B3: 1.53mg (7.64%), Calcium: 69.88mg (6.99%), Iron: 1.24mg (6.89%), Vitamin A: 337.85IU (6.76%), Potassium: 220.12mg (6.29%), Phosphorus: 62.01mg (6.2%), Vitamin B6: 0.11mg (5.34%), Magnesium: 19.15mg (4.79%), Copper: 0.09mg (4.57%), Vitamin B5: 0.44mg (4.42%), Vitamin K: 4.25µg (4.05%), Zinc: 0.45mg (2.99%), Vitamin C: 2.12mg (2.56%), Vitamin E: 0.28mg (1.9%), Vitamin B12: 0.1µg (1.64%)