



Fran's Cranberry Tart

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



217 kcal

DESSERT

Ingredients

- 12 servings butter crust
- 2 bags cranberries fresh (12 oz. each, 6 to 8 cups total)
- 0.7 cup orange juice
- 10 oz currant jelly
- 1.5 cups sugar
- 1 ounce chocolate white chopped

Equipment

- frying pan

- oven
- microwave
- skewers

Directions

- Sort cranberries (thaw if frozen) and discard any that are soft or spoiled. Rinse and drain berries, then spread out on towels. Pat gently with more towels to dry quickly.
- In a 5- to 6-quart pan over high heat, combine orange juice and jelly. Stir, mashing jelly until it melts, about 3 minutes.
- Add sugar. Stir until syrup begins to smell slightly caramelized and drips slowly from a spoon, about 7 minutes. Immediately remove pan from heat.
- Add the cranberries and stir to coat with syrup.
- Return pan to low heat and stir gently until cranberries are evenly warm and no longer taste raw, 3 to 4 minutes (a few berries may pop).
- Remove from heat and let stand until syrup is cool enough to coat berries evenly, about 20 minutes, stirring occasionally. Then scrape berry mixture into the baked crust, mounding fruit.
- Seal chocolate in a small zip-lock plastic freezer bag (without pleats).
- Heat in a microwave oven at 50% power just until chocolate softens, about 2 minutes. Knead chocolate until smooth.
- With a thin skewer, puncture a hole in 1 corner of the bag. Squeeze chocolate over tart in fine zigzag lines. Chill until chocolate and jelly glaze are firm, at least 30 minutes or up to 1 day. If making ahead, cover when jelly is set. To serve, remove cover and pan rim.
- Cut tart into wedges.

Nutrition Facts

 PROTEIN **0.66%**  FAT **20.01%**  CARBS **79.33%**

Properties

Glycemic Index:28.51, Glycemic Load:27.98, Inflammation Score:-1, Nutrition Score:1.4417391173218%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 216.79kcal (10.84%), Fat: 4.94g (7.6%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 43.73g (15.9%), Sugar: 38.97g (43.3%), Cholesterol: 11.25mg (3.75%), Sodium: 42.23mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin C: 9mg (10.91%), Vitamin A: 153.31IU (3.07%), Vitamin B2: 0.04mg (2.07%), Folate: 7.05µg (1.76%), Copper: 0.03mg (1.65%), Potassium: 54.34mg (1.55%), Calcium: 12.41mg (1.24%), Phosphorus: 12.21mg (1.22%), Vitamin B1: 0.02mg (1.2%), Fiber: 0.3g (1.19%), Vitamin E: 0.17mg (1.16%), Selenium: 0.79µg (1.13%)