

Free-Form Blueberry Tart



Vegetarian

READY IN

ready

210 min.

SERVINGS

servings

30

CALORIES

calories

87 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries
- ☐ 1 tablespoon candied ginger minced
- ☐ 1 egg white beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose plus more for sprinkling
- ☐ 0.3 cup ice water
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar plus more for sprinkling
- ☐ 1.5 sticks butter unsalted cold cut into small pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ In a food processor, combine the 1 1/2 cups of flour with the candied ginger and salt and pulse to mix.
- ☐ Add the butter and pulse until it is the size of small peas.
- ☐ Sprinkle on the ice water and pulse just until the pastry starts to come together. Turn the pastry out onto a lightly floured work surface and pat it into a disk. Wrap in plastic and refrigerate for 2 hours, or until firm.
- ☐ Line a large baking sheet with parchment paper. On a lightly floured work surface, roll out the pastry to a 14-inch round about 1/8 inch thick. Fold the pastry in half and transfer it to the prepared baking sheet. Unfold the pastry and refrigerate for 15 minutes.
- ☐ Preheat the oven to 37
- ☐ In a large bowl, mix the 1/4 cup of sugar with the lemon zest and flour. Fold in the blueberries and lemon juice and let stand for 15 minutes.
- ☐ Spoon the blueberries in the center of the pastry, leaving a 1 1/2-inch border all around. Fold the pastry border up and over the blueberries, pleating it as necessary.
- ☐ Brush the egg white on the pastry and sprinkle with sugar.
- ☐ Bake for about 55 minutes, until the pastry is golden brown and the filling starts to bubble.
- ☐ Transfer the baking sheet to a rack and let the tart cool to warm.
- ☐ Cut into wedges and serve warm or at room temperature.

Nutrition Facts



PROTEIN 4.79% FAT 48.04% CARBS 47.17%

Properties

Glycemic Index:8.67, Glycemic Load:6.14, Inflammation Score:-2, Nutrition Score:2.0508695490982%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 86.59kcal (4.33%), Fat: 4.73g (7.28%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 9.76g (3.55%), Sugar: 3.94g (4.38%), Cholesterol: 12.15mg (4.05%), Sodium: 22.19mg (0.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Manganese: 0.12mg (5.83%), Vitamin B1: 0.07mg (4.35%), Vitamin K: 4.23µg (4.02%), Selenium: 2.76µg (3.94%), Folate: 14.95µg (3.74%), Vitamin A: 151.98IU (3.04%), Vitamin B2: 0.05mg (3%), Vitamin C: 2.47mg (3%), Fiber: 0.69g (2.75%), Vitamin B3: 0.52mg (2.59%), Iron: 0.4mg (2.21%), Vitamin E: 0.25mg (1.67%), Phosphorus: 11.85mg (1.18%), Copper: 0.02mg (1.18%)