



Free-Form Pineapple, Mango and Berry Tarts

READY IN



150 min.

SERVINGS



45

CALORIES



241 kcal

DESSERT

Ingredients

- ☐ 1 small banana sliced
- ☐ 24 blueberries
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup water
- ☐ 0.5 mangos halved lengthwise sliced
- ☐ 0.3 pineapple peeled halved lengthwise sliced
- ☐ 0.5 teaspoon salt
- ☐ 8 medium strawberries
- ☐ 45 servings sugar for sprinkling

- ☐ 1.5 sticks butter unsalted cold cut into small pieces
- ☐ 2 tablespoons butter unsalted melted
- ☐ 45 servings whipped cream for serving

Equipment

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

Directions

- ☐ In a food processor, pulse the flour and salt.
- ☐ Add the butter and pulse until it is the size of small peas.
- ☐ Sprinkle the ice water over the mixture and pulse until the pastry starts to come together.
- ☐ Transfer the pastry to a work surface and knead gently a few times until thoroughly blended. Divide the pastry in half and flatten into disks. Wrap the pastry in plastic and refrigerate until chilled, about 1 hour.
- ☐ Preheat the oven to 40
- ☐ Line a large baking sheet with parchment paper. On a lightly floured work surface, roll out 1 of the pastry disks 1/8 inch thick. Using a 5-inch plate as a guide, cut out 4 rounds and transfer to the prepared baking sheet. Repeat with the second pastry disk. Refrigerate the rounds until firm, about 10 minutes.
- ☐ Arrange the pineapple, mango and banana slices on the pastry rounds and scatter the strawberries and blueberries on top. Bring the pastry edges up and around the fruit, pinching firmly to form a pleated rim on each tart. Refrigerate the tarts until firm, 10 minutes.
- ☐ Brush the tarts with the melted butter and sprinkle with sugar.
- ☐ Bake for 35 minutes, until the pastry is browned and the fruit is bubbling.
- ☐ Let the tarts cool on a rack.
- ☐ Serve warm or at room temperature with crme frache.

Nutrition Facts



 PROTEIN **4.92%**  FAT **40.24%**  CARBS **54.84%**

Properties

Glycemic Index:10.03, Glycemic Load:21.5, Inflammation Score:-3, Nutrition Score:4.2765217267949%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.47mg, Malvidin: 0.47mg, Malvidin: 0.47mg, Malvidin: 0.47mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 241.48kcal (12.07%), Fat: 10.94g (16.84%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 32.71g (11.9%), Sugar: 27.24g (30.27%), Cholesterol: 38.48mg (12.83%), Sodium: 79.61mg (3.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin B2: 0.19mg (11.44%), Calcium: 87.98mg (8.8%), Vitamin A: 417.41IU (8.35%), Phosphorus: 78.17mg (7.82%), Vitamin C: 5.15mg (6.25%), Manganese: 0.11mg (5.43%), Vitamin B1: 0.08mg (5.13%), Selenium: 3.24µg (4.63%), Potassium: 159.76mg (4.56%), Vitamin B12: 0.26µg (4.41%), Vitamin B5: 0.44mg (4.39%), Folate: 16.49µg (4.12%), Zinc: 0.52mg (3.44%), Fiber: 0.84g (3.35%), Magnesium: 12.34mg (3.08%), Vitamin B6: 0.05mg (2.61%), Vitamin B3: 0.47mg (2.36%), Vitamin E: 0.34mg (2.25%), Iron: 0.36mg (1.99%), Copper: 0.04mg (1.82%), Vitamin D: 0.2µg (1.32%)