



Fresh Blueberry Almond Tart

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 tablespoons cornstarch
- ☐ 2 tablespoons water
- ☐ 0.3 teaspoon almond extract
- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 0.5 cup almonds sliced
- ☐ 1 teaspoon evaporated cane juice white

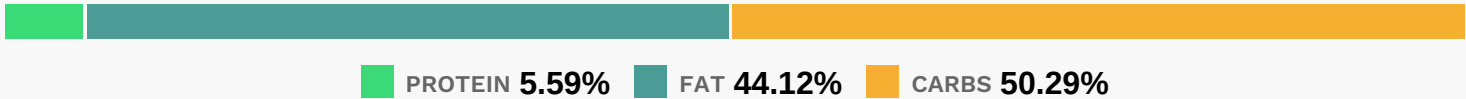
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In large bowl, mix blueberries, granulated sugar, cornstarch, water and almond extract.
- ☐ Remove crust from pouch; unroll on ungreased cookie sheet.
- ☐ Spread 1/4 cup of the almonds over crust; press lightly into crust.
- ☐ Spoon blueberry mixture onto center of crust to within 2 inches of edge of crust. Fold 2-inch edge of crust over blueberry mixture, crimping crust slightly.
- ☐ Sprinkle crust edge with sugar crystals.
- ☐ Bake 25 to 30 minutes, sprinkling remaining 1/4 cup almonds over blueberry mixture during last 5 minutes of baking, until crust is golden. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:10.21, Inflammation Score:-4, Nutrition Score:8.6826087106829%

Flavonoids

Cyanidin: 4.36mg, Cyanidin: 4.36mg, Cyanidin: 4.36mg, Cyanidin: 4.36mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.85mg,

Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 430.35kcal (21.52%), Fat: 21.39g (32.91%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 51.04g (18.56%), Sugar: 17.11g (19.01%), Cholesterol: 0mg (0%), Sodium: 273.61mg (11.9%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 6.1g (12.2%), Manganese: 0.64mg (31.86%), Vitamin E: 2.55mg (17%), Fiber: 3.83g (15.3%), Vitamin B1: 0.22mg (14.48%), Vitamin K: 14.38µg (13.7%), Folate: 52.97µg (13.24%), Vitamin B2: 0.22mg (13.13%), Iron: 2.17mg (12.05%), Vitamin B3: 2.28mg (11.42%), Phosphorus: 91.03mg (9.1%), Magnesium: 33.78mg (8.45%), Copper: 0.16mg (7.99%), Selenium: 4.28µg (6.12%), Vitamin C: 4.79mg (5.8%), Potassium: 159.58mg (4.56%), Zinc: 0.62mg (4.14%), Vitamin B5: 0.37mg (3.67%), Calcium: 36.56mg (3.66%), Vitamin B6: 0.07mg (3.48%)