

Fresh-Orange Tart



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 6 large navel oranges
- ☐ 3 tablespoons orange marmalade
- ☐ 9 inch pastry crust
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract

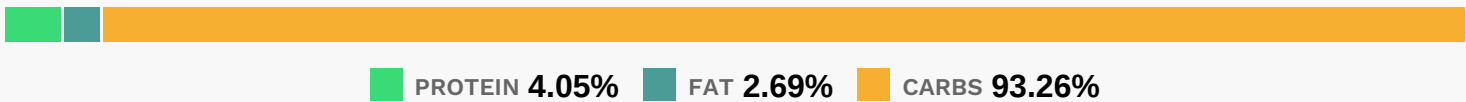
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ tart form

Directions

- ☐ Prepare and bake the Pastry Crust in a 9-inch round removable-bottom tart pan. Cool crust completely on a wire rack.
- ☐ Peel and section oranges over a bowl; squeeze membranes to extract juice. Set 2 cups sections aside; reserve 1/2 cup juice. Discard membranes.
- ☐ Combine sugar, cornstarch, and salt in a small saucepan; gradually add reserved juice, stirring with a whisk until blended. Bring to a boil over medium heat, stirring constantly. Reduce heat to low; cook 1 minute.
- ☐ Remove from heat; stir in vanilla. Cool, stirring occasionally.
- ☐ Place marmalade in a small microwave-safe bowl, and microwave at HIGH 30 seconds or until marmalade melts.
- ☐ Spread marmalade in bottom of prepared crust. Arrange 1 cup orange sections on top of marmalade; spoon 1/3 cup orange filling over sections. Top with remaining orange sections and orange filling. Cover and chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:4.91, Inflammation Score:-5, Nutrition Score:6.3091305290227%

Flavonoids

Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg

Luteolin: 0.74mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 108.94kcal (5.45%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 24.84g (9.03%), Sugar: 19.7g (21.89%), Cholesterol: 0mg (0%), Sodium: 55.61mg (2.42%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 1.18g (2.37%), Vitamin C: 62.42mg (75.65%), Fiber: 2.43g (9.72%), Folate: 38.89µg (9.72%), Vitamin B1: 0.09mg (5.82%), Vitamin A: 264IU (5.28%), Potassium: 179.74mg (5.14%), Calcium: 48.46mg (4.85%), Vitamin B6: 0.09mg (4.26%), Vitamin B2: 0.07mg (3.92%), Magnesium: 12.2mg (3.05%), Vitamin B5: 0.28mg (2.84%), Vitamin B3: 0.57mg (2.84%), Phosphorus: 26.8mg (2.68%), Copper: 0.05mg (2.6%), Manganese: 0.05mg (2.36%), Iron: 0.25mg (1.39%), Selenium: 0.79µg (1.13%), Vitamin E: 0.16mg (1.1%)