



Fresh Raspberry Cream Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



484 kcal

DESSERT

Ingredients

- 1 cup flour
- 0.3 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 0.3 cup cornstarch
- 8 ounce mascarpone cheese chilled
- 1 teaspoon orange zest grated
- 0.3 cup powdered sugar
- 3 cups raspberries fresh

- 0.3 cup raspberry jam
- 0.3 teaspoon salt
- 0.3 cup sugar
- 10 tablespoons butter unsalted room temperature ()
- 1 teaspoon vanilla extract
- 0.5 cup whipping cream chilled

Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- tart form

Directions

- Preheat oven to 350°F. Butter 9-inch-diameter tart pan with removable bottom.
- Whisk flour, cornstarch, baking powder and salt in bowl. Using electric mixer, beat butter, sugar, orange peel, and vanilla in large bowl to blend.
- Add flour mixture and beat until large clumps form. Gather dough into ball; press over bottom and up sides of prepared tart pan. Freeze crust 15 minutes.
- Bake crust 10 minutes.
- Remove from oven. Using back of spoon, press sides to raise until even with top edge of pan.
- Bake until golden brown, about 15 minutes longer.
- Spread preserves over bottom of crust.
- Bake 5 minutes. Cool on rack.
- Using electric mixer, beat mascarpone, cream, powdered sugar, orange peel, and both extracts in large bowl until peaks form, about 2 minutes.
- Spread filling evenly in cooled crust. Chill until firm, at least 2 hours and up to 1 day.

Arrange raspberries in concentric circles atop filling and serve.

* Italian cream cheese available at Italian markets and many supermarkets.

Nutrition Facts

PROTEIN 3.93% **FAT 60.64%** **CARBS 35.43%**

Properties

Glycemic Index:39.76, Glycemic Load:18.97, Inflammation Score:-6, Nutrition Score:7.4334782776625%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 484.21kcal (24.21%), Fat: 32.8g (50.46%), Saturated Fat: 20.38g (127.39%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 39.55g (14.38%), Sugar: 20.55g (22.84%), Cholesterol: 82.78mg (27.59%), Sodium: 126.59mg (5.5%), Alcohol: 0.22g (100%), Alcohol %: 0.18% (100%), Protein: 4.78g (9.55%), Vitamin A: 1068.78IU (21.38%), Manganese: 0.42mg (20.94%), Vitamin C: 13.47mg (16.32%), Fiber: 3.57g (14.26%), Folate: 40.8µg (10.2%), Vitamin B1: 0.14mg (9.57%), Selenium: 6.47µg (9.25%), Calcium: 85.53mg (8.55%), Vitamin B2: 0.14mg (8.35%), Iron: 1.18mg (6.55%), Vitamin E: 0.96mg (6.41%), Vitamin B3: 1.22mg (6.09%), Phosphorus: 51.53mg (5.15%), Vitamin K: 5.26µg (5.01%), Copper: 0.09mg (4.26%), Magnesium: 15.61mg (3.9%), Vitamin D: 0.5µg (3.34%), Potassium: 115.77mg (3.31%), Vitamin B5: 0.28mg (2.78%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.04mg (2.04%)