



Ginger-Cream Tart with Raspberries

READY IN



45 min.

SERVINGS



8

CALORIES



675 kcal

DESSERT

Ingredients

- ☐ 8 servings powdered sugar
- ☐ 0.5 cup candied ginger finely chopped
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons milk
- ☐ 0.8 teaspoon salt
- ☐ 2 cups shortbread cookies (from two)
- ☐ 0.8 cup cream sour

- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted cold cut into pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Blend ground shortbread, sugar, and butter in a food processor until mixture begins to clump together. Press onto bottom and up side of tart pan.
- ☐ Bake in middle of oven 15 minutes, then cool in pan on a rack.
- ☐ Sprinkle gelatin over milk in a small bowl and let stand 1 minute to soften.
- ☐ Transfer to a saucepan and cook with ginger, sugar, lemon juice, salt, and 1 cup heavy cream over moderate heat, stirring, until sugar and gelatin are dissolved. Cool to room temperature, about 1 hour.
- ☐ Whisk sour cream in a large bowl until smooth. Beat remaining cup heavy cream in another bowl with an electric mixer until it just holds soft peaks and fold into sour cream. Gently fold ginger milk into whipped cream until combined well.
- ☐ Pour into crust and chill until set, at least 8 hours.
- ☐ Dust tart with confectioners sugar and serve with berries.
- ☐ • Tart can be chilled up to 1 day.

Nutrition Facts



 **PROTEIN 3.64%**  **FAT 60.14%**  **CARBS 36.22%**

Properties

Glycemic Index:21.51, Glycemic Load:28.09, Inflammation Score:-6, Nutrition Score:8.4039130081301%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 674.84kcal (33.74%), Fat: 45.56g (70.09%), Saturated Fat: 23.42g (146.38%), Carbohydrates: 61.75g (20.58%), Net Carbohydrates: 60.98g (22.17%), Sugar: 36.14g (40.15%), Cholesterol: 91.69mg (30.56%), Sodium: 454.58mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.41%), Vitamin A: 1197.16IU (23.94%), Vitamin B2: 0.35mg (20.31%), Vitamin B1: 0.23mg (15.18%), Vitamin E: 2.2mg (14.65%), Folate: 52.09µg (13.02%), Manganese: 0.26mg (12.92%), Iron: 1.86mg (10.32%), Vitamin B3: 2.01mg (10.03%), Selenium: 6.76µg (9.65%), Phosphorus: 95.32mg (9.53%), Vitamin K: 9.11µg (8.68%), Calcium: 75.34mg (7.53%), Vitamin D: 1.07µg (7.15%), Vitamin B5: 0.42mg (4.24%), Potassium: 143.51mg (4.1%), Copper: 0.08mg (4.1%), Magnesium: 15.36mg (3.84%), Vitamin B6: 0.07mg (3.72%), Zinc: 0.53mg (3.51%), Fiber: 0.77g (3.08%), Vitamin B12: 0.17µg (2.83%)