



Glazed Strawberry Tart

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup almonds
- ☐ 6 tablespoons butter chilled sliced
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 2 pints strawberries hulled halved
- ☐ 8 servings garnish: strawberry whole

- ☐ 0.8 cup strawberry jam
- ☐ 0.3 cup sugar
- ☐ 8 servings optional: whipped topping

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Combine flour, almonds, sugar and salt in a large mixing bowl; cut in butter with pastry blender or 2 forks until mixture is crumbly.
- ☐ Whisk together egg and almond extract in another bowl; add to flour mixture, stirring until dough forms. Shape into a flattened ball; wrap in plastic wrap and refrigerate overnight.
- ☐ Place dough in center of a greased and floured baking sheet. Pat into a 10-inch circle; form a 3/4-inch-high rim around the outside edges. Prick bottom of dough with a fork; bake at 350 for 25 minutes or until golden. Cool 10 minutes on baking sheet on a wire rack; remove crust from baking sheet and cool completely on wire rack.
- ☐ Heat jam and lemon juice in a small saucepan over low heat until spreadable; spread 1/2 cup jam mixture over crust. Arrange berry halves on top, cut-sides down; brush with remaining jam mixture.
- ☐ Serve with whipped topping and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:42.51, Glycemic Load:36.69, Inflammation Score:-8, Nutrition Score:19.136086951131%

Flavonoids

Cyanidin: 4.63mg, Cyanidin: 4.63mg, Cyanidin: 4.63mg, Cyanidin: 4.63mg Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 65.18mg, Pelargonidin: 65.18mg, Pelargonidin: 65.18mg, Pelargonidin: 65.18mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 8.27mg, Catechin: 8.27mg, Catechin: 8.27mg, Catechin: 8.27mg Epigallocatechin: 2.28mg, Epigallocatechin: 2.28mg, Epigallocatechin: 2.28mg, Epigallocatechin: 2.28mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 436.5kcal (21.82%), Fat: 15.16g (23.32%), Saturated Fat: 6.5g (40.6%), Carbohydrates: 71.44g (23.81%), Net Carbohydrates: 64.09g (23.3%), Sugar: 38.22g (42.47%), Cholesterol: 43.13mg (14.38%), Sodium: 237.42mg (10.32%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 7.1g (14.22%), Vitamin C: 157.28mg (190.64%), Manganese: 1.39mg (69.64%), Fiber: 7.35g (29.39%), Folate: 116.44µg (29.11%), Vitamin E: 3.43mg (22.84%), Vitamin B2: 0.33mg (19.68%), Vitamin B1: 0.27mg (18.28%), Selenium: 11.95µg (17.07%), Magnesium: 65.95mg (16.49%), Phosphorus: 154.13mg (15.41%), Iron: 2.76mg (15.33%), Potassium: 532.68mg (15.22%), Copper: 0.29mg (14.46%), Vitamin B3: 2.75mg (13.73%), Calcium: 84.96mg (8.5%), Vitamin B6: 0.16mg (8.16%), Vitamin A: 327.03IU (6.54%), Vitamin K: 6.74µg (6.42%), Zinc: 0.92mg (6.11%), Vitamin B5: 0.58mg (5.76%), Vitamin B12: 0.08µg (1.26%)