



Grape Jelly Breakfast Tarts

READY IN



120 min.

SERVINGS



5

CALORIES



933 kcal

DESSERT

Ingredients

- ☐ 0.8 cup confectioners' sugar
- ☐ 1 large eggs beaten
- ☐ 3 cups flour for dusting all-purpose plus more
- ☐ 1 tablespoon granulated sugar
- ☐ 2 teaspoons granulated sugar
- ☐ 0.5 cup grape jelly
- ☐ 2 juice of orange
- ☐ 0.3 cup milk
- ☐ 2 tablespoons orange liqueur

- ☐ 5 servings orange zest grated for topping
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons shortening cold cut into small pieces
- ☐ 2 sticks butter unsalted cold cut into small pieces

Equipment

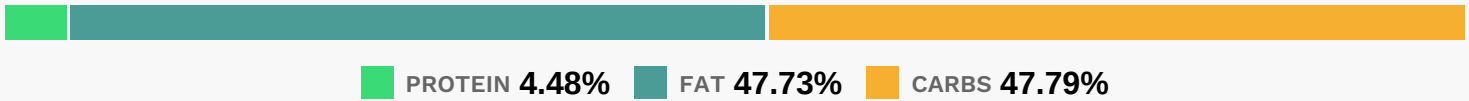
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ toaster

Directions

- ☐ Make the tarts: Pulse the flour, granulated sugar and salt in a food processor until combined.
- ☐ Add the shortening and about one-quarter of the butter and pulse until they disappear into the flour, about 30 seconds.
- ☐ Add the remaining butter and pulse a few times, until the mixture looks like coarse meal with pea-size bits of butter.
- ☐ Add 1/2 cup ice water and pulse once or twice, until the dough just comes together. Turn the dough out onto a piece of plastic wrap, form into a disk and wrap tightly; chill at least 1 hour and up to 1 day. (For quicker tarts, use refrigerated pie dough and skip this step.)
- ☐ On a lightly floured surface, roll out the dough into a 10-by-14-inch rectangle, about 1/8 inch thick.
- ☐ Cut out ten 4-by-3-inch rectangles using a toaster pastry press or a paring knife.
- ☐ Transfer to a parchment paper-lined baking sheet. Chill at least 15 minutes.

- ☐ Spread 5 of the dough rectangles with a heaping tablespoonful of jelly each, leaving a 1/2-inch border all around.
- ☐ Brush the edges with the beaten egg, then cover with the remaining 5 dough rectangles. Crimp the edges with a fork or use the toaster pastry press to seal. Chill at least 30 minutes. Meanwhile, preheat the oven to 400 degrees F.
- ☐ Bake the tarts until flaky and golden, 20 to 25 minutes, brushing with the milk after 10 minutes.
- ☐ Transfer to a rack to cool.
- ☐ Meanwhile, make the glaze: Bring the granulated sugar, orange juice and liqueur (if using) to a simmer in a large skillet over low heat; cook until reduced by half, 5 to 7 minutes.
- ☐ Remove from the heat and whisk in the confectioners' sugar until smooth.
- ☐ Let cool.
- ☐ Brush the glaze on the tarts, sprinkle with the orange zest and let set, 5 minutes.
- ☐ Photograph by James Wojcik

Nutrition Facts



Properties

Glycemic Index:72.04, Glycemic Load:58.44, Inflammation Score:-8, Nutrition Score:17.485652032106%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 932.53kcal (46.63%), Fat: 49.23g (75.75%), Saturated Fat: 26.53g (165.8%), Carbohydrates: 110.89g (36.96%), Net Carbohydrates: 107.17g (38.97%), Sugar: 43.08g (47.87%), Cholesterol: 136.33mg (45.44%), Sodium: 504.72mg (21.94%), Alcohol: 1.56g (100%), Alcohol %: 0.77% (100%), Protein: 10.4g (20.81%), Vitamin B1: 0.65mg (43.19%), Selenium: 30.23µg (43.19%), Folate: 157.85µg (39.46%), Vitamin C: 31.31mg (37.95%), Vitamin B2: 0.5mg (29.57%), Manganese: 0.54mg (26.84%), Vitamin A: 1308.3IU (26.17%), Vitamin B3: 4.7mg (23.48%), Iron: 4mg (22.23%), Fiber: 3.72g (14.88%), Phosphorus: 141.5mg (14.15%), Vitamin E: 1.91mg (12.77%), Copper: 0.18mg (9.12%), Vitamin K: 8.94µg (8.51%), Vitamin B5: 0.77mg (7.73%), Calcium: 77.14mg (7.71%), Vitamin D: 1.06µg (7.05%), Magnesium: 27.39mg (6.85%), Potassium: 231.25mg (6.61%), Zinc: 0.83mg (5.53%), Vitamin B6: 0.1mg (4.95%),

Vitamin B12: 0.25µg (4.23%)