

## Grape Tart

READY IN



200 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

## Ingredients

- 1 cup flour all-purpose
- 3 tablespoons sugar
- 0.5 teaspoon salt
- 0.5 cup butter unsalted cold cut into pieces (1 stick)
- 0.5 cup rolled oats
- 1 serving pastry cream for grape tart
- 3 cups grapes green red seedless
- 1 serving powdered sugar

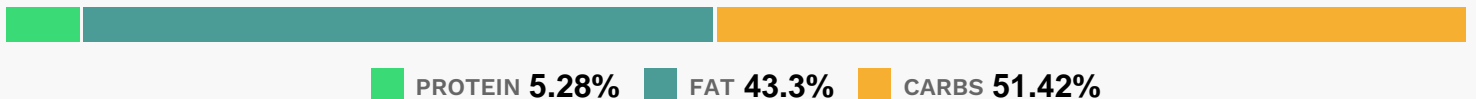
## Equipment

- food processor
- frying pan
- oven
- whisk
- springform pan

## Directions

- Preheat oven to 400 degrees.
- In a food processor, pulse flour, sugar, and salt.
- Add butter; pulse until mixture resembles coarse meal.
- Add 2 tablespoons ice water; process until mixture just comes together when squeezed (add more water if necessary).
- Add oats; pulse to combine.
- Press dough onto bottom and 1 inch up sides of a 9-inch springform pan.
- Bake until golden, about 25 minutes.
- Remove sides of pan; cool crust.
- Whisk cooled pastry cream until smooth.
- Spread evenly in crust; arrange grapes on top; press in.
- Chill at least 2 hours and up to 1 day. Just before serving, dust with confectioners' sugar.

## Nutrition Facts



## Properties

Glycemic Index:33.46, Glycemic Load:18.55, Inflammation Score:-4, Nutrition Score:6.1673913053844%

## Nutrients (% of daily need)

Calories: 259.59kcal (12.98%), Fat: 12.8g (19.69%), Saturated Fat: 7.76g (48.48%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 32.75g (11.91%), Sugar: 15.2g (16.88%), Cholesterol: 39.49mg (13.16%), Sodium: 163.52mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Manganese: 0.33mg (16.66%), Vitamin B1: 0.2mg (13.1%), Selenium: 8.05µg (11.5%), Vitamin B2: 0.17mg (9.96%), Vitamin K: 9.44µg (8.99%), Vitamin A: 424IU (8.48%), Folate: 33.36µg (8.34%), Phosphorus: 75.29mg (7.53%), Iron: 1.21mg (6.73%), Copper: 0.12mg (6.11%), Fiber: 1.44g (5.77%), Vitamin B3: 1.11mg (5.57%), Potassium: 183.25mg (5.24%), Magnesium: 17.5mg (4.38%), Calcium: 38.69mg (3.87%), Vitamin B6: 0.07mg (3.62%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.44mg (2.91%), Vitamin D: 0.42µg (2.83%), Vitamin C: 1.83mg (2.22%), Vitamin B12: 0.12µg (1.93%)