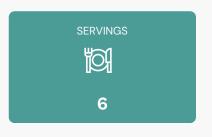


Grapefruit Tart

Vegetarian







DESSERT

Ingredients

| 3 tablespoons candled ginger | tinely chopped |
|------------------------------|----------------|
| 4 tablespoons confectioners | sugar |
| 8 oz mascarpone cheese at ro | om temperature |

4 grapefruit red (preferably 2 pink and 2)

6 servings pastry dough sweet

Equipment

| bowl |
|------------|
| frying pan |

| | paper towels | |
|------------|--|--|
| | oven | |
| | knife | |
| | whisk | |
| | plastic wrap | |
| | aluminum foil | |
| | rolling pin | |
| | tart form | |
| Directions | | |
| | Roll out dough with a floured rolling pin into a 13-inch round on a floured surface and fit into tart pan (if pastry breaks, press together with your fingers). Trim excess dough, leaving a 1/2-inch overhang, then fold overhang inward and press against side of pan to reinforce edge. Lightly prick bottom of shell all over with a fork. Chill 30 minutes. | |
| | Preheat oven to 375°F. | |
| | Line shell with foil and fill with pie weights. | |
| | Bake in middle of oven 10 minutes, then carefully remove foil and weights and bake shell untigolden, 13 to 15 minutes more. | |
| | Transfer shell in pan to a rack to cool. | |
| | Cut peel, including all white pith, from fruit with a sharp paring knife, then cut segments free from membranes and pat dry with paper towels. Squeeze 3 tablespoons juice from membranes into a bowl. | |
| | Whisk together mascarpone, candied ginger, 2 tablespoons juice, and 2 tablespoons confectioners sugar. | |
| | Add remaining tablespoon juice if mixture is too thick. | |
| | Spread ginger mascarpone evenly in tart shell and top decoratively with fruit. Dust with remaining 2 tablespoons confectioners sugar and serve immediately. | |
| | •Tart shell can be made 1 day ahead and kept, loosely covered with plastic wrap, at room temperature.* Available at specialty foods shops, some supermarkets, and cheese shops. | |
| | | |

Nutrition Facts

Properties

Glycemic Index:10.5, Glycemic Load:7.39, Inflammation Score:-9, Nutrition Score:9.2991304112517%

Flavonoids

Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 53.53mg, Naringenin: 53.53mg, Naringenin: 53.53mg, Naringenin: 53.53mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 332.59kcal (16.63%), Fat: 18.38g (28.28%), Saturated Fat: 10.9g (68.11%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 34.57g (12.57%), Sugar: 20.34g (22.6%), Cholesterol: 37.8mg (12.6%), Sodium: 113.42mg (4.93%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.26g (10.52%), Vitamin C: 51.17mg (62.02%), Vitamin A: 2415.19IU (48.3%), Fiber: 2.98g (11.94%), Vitamin B1: 0.17mg (11.55%), Folate: 38.04µg (9.51%), Calcium: 91.14mg (9.11%), Vitamin B2: 0.12mg (6.86%), Potassium: 235.57mg (6.73%), Selenium: 4.62µg (6.6%), Manganese: 0.13mg (6.34%), Vitamin B3: 1.11mg (5.54%), Vitamin B5: 0.49mg (4.87%), Vitamin B6: 0.09mg (4.63%), Magnesium: 17.61mg (4.4%), Phosphorus: 43.77mg (4.38%), Iron: 0.74mg (4.14%), Copper: 0.07mg (3.6%), Vitamin E: 0.23mg (1.52%), Zinc: 0.21mg (1.39%)