



Grapefruit Tart

 Vegetarian

READY IN



180 min.

SERVINGS



6

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons candied ginger finely chopped
- ☐ 4 tablespoons confectioners sugar
- ☐ 8 oz mascarpone cheese at room temperature
- ☐ 6 servings pastry dough sweet
- ☐ 4 grapefruit red (preferably 2 pink and 2)

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 until golden, 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



 **PROTEIN 6.25%**  **FAT 49.13%**  **CARBS 44.62%**

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: 0.98mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 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 %: 0% (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%)