



Honey-Wine-Cranberry Tart

 Dairy Free

READY IN



335 min.

SERVINGS



8

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 cup orange marmalade
- ☐ 0.5 cup walnut pieces coarsely chopped
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 cup water cold
- ☐ 1 cup wine dry white

- ☐ 0.5 cup honey
- ☐ 3 cups cranberries fresh
- ☐ 1 serving whipped cream
- ☐ 1 serving orange zest

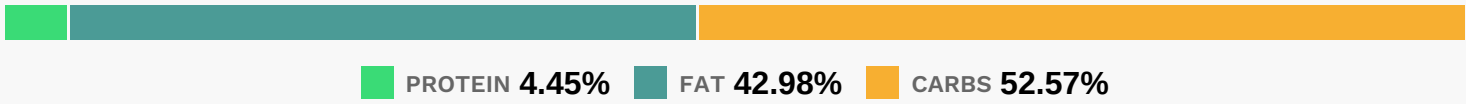
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ springform pan

Directions

- ☐ Heat oven to 375°F. In medium bowl, mix all crust ingredients until dough forms. Press dough in bottom and 1 1/2 inches up side of ungreased 9-inch springform pan.
- ☐ Bake 18 to 20 minutes or until crust is set and light brown. Cool 10 minutes.
- ☐ Spread marmalade on bottom of cooled crust.
- ☐ Sprinkle with walnuts.
- ☐ In 3-quart saucepan, sprinkle gelatin on cold water.
- ☐ Let stand about 5 minutes or until gelatin is softened. Stir in wine, honey and cranberries.
- ☐ Heat to boiling, stirring occasionally; reduce heat slightly. Boil uncovered 5 minutes, stirring occasionally; remove from heat. Cool completely, about 30 minutes.
- ☐ Pour cranberry mixture over walnuts in crust. Cover; refrigerate at least 4 hours until chilled. Run knife around side of pan to loosen tart; remove side of pan.
- ☐ Serve tart with whipped cream.

Nutrition Facts



Properties

Glycemic Index:32.78, Glycemic Load:25.89, Inflammation Score:-7, Nutrition Score:8.6891303847989%

Flavonoids

Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 474.92kcal (23.75%), Fat: 22.39g (34.44%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 61.59g (20.53%), Net Carbohydrates: 58.72g (21.35%), Sugar: 34.94g (38.83%), Cholesterol: 0.57mg (0.19%), Sodium: 214.28mg (9.32%), Alcohol: 3.09g (100%), Alcohol %: 2.23% (100%), Protein: 5.22g (10.44%), Manganese: 0.63mg (31.35%), Vitamin B1: 0.25mg (16.71%), Vitamin A: 804.9IU (16.1%), Folate: 60.45µg (15.11%), Selenium: 10.36µg (14.8%), Fiber: 2.87g (11.49%), Copper: 0.22mg (10.98%), Vitamin B2: 0.18mg (10.74%), Iron: 1.78mg (9.91%), Vitamin C: 8.17mg (9.91%), Vitamin B3: 1.82mg (9.09%), Vitamin E: 1.24mg (8.26%), Phosphorus: 71.96mg (7.2%), Magnesium: 24.83mg (6.21%), Vitamin B6: 0.1mg (5.01%), Potassium: 142.27mg (4.06%), Zinc: 0.55mg (3.66%), Calcium: 33.64mg (3.36%), Vitamin B5: 0.33mg (3.31%), Vitamin K: 2.29µg (2.18%)