



Honey-Wine-Cranberry Tart

 Dairy Free

READY IN



335 min.

SERVINGS



8

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 1 cup wine dry white
- ☐ 0.8 cup butter softened
- ☐ 3 cups cranberries fresh
- ☐ 1.8 cups flour all-purpose
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.5 cup honey
- ☐ 0.3 cup orange marmalade
- ☐ 8 servings orange zest

- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup walnut pieces coarsely chopped
- ☐ 0.3 cup water cold
- ☐ 8 servings whipped cream

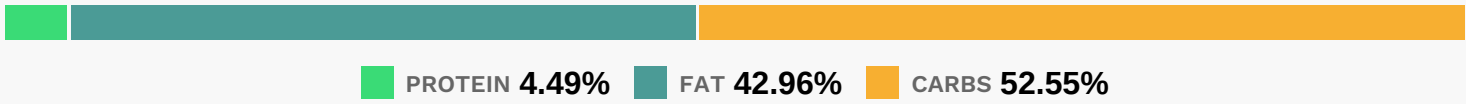
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:26.25, Inflammation Score:-7, Nutrition Score:10.212173929681%

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: 498.59kcal (24.93%), Fat: 23.57g (36.27%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 64.87g (21.62%), Net Carbohydrates: 60.89g (22.14%), Sugar: 35.36g (39.29%), Cholesterol: 4.56mg (1.52%), Sodium: 215.01mg (9.35%), Alcohol: 3.09g (100%), Alcohol %: 2.04% (100%), Protein: 5.55g (11.09%), Manganese: 0.63mg (31.36%), Vitamin C: 22.45mg (27.22%), Vitamin A: 884.96IU (17.7%), Vitamin B1: 0.27mg (17.68%), Folate: 63.76µg (15.94%), Fiber: 3.99g (15.94%), Selenium: 10.54µg (15.06%), Vitamin B2: 0.2mg (11.5%), Copper: 0.23mg (11.49%), Iron: 1.87mg (10.39%), Vitamin B3: 1.92mg (9.58%), Vitamin E: 1.3mg (8.66%), Phosphorus: 78.83mg (7.88%), Magnesium: 27.71mg (6.93%), Vitamin B6: 0.12mg (6.04%), Calcium: 55.85mg (5.58%), Potassium: 172.24mg (4.92%), Vitamin B5: 0.4mg (3.98%), Zinc: 0.59mg (3.96%), Vitamin K: 2.39µg (2.27%)