



Italian Jam Crostata

READY IN



65 min.

SERVINGS



12

CALORIES



232 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract pure
- 0.3 cup almonds sliced
- 1.5 cups flour all-purpose as needed plus more
- 0.5 cup granulated sugar
- 0.3 cup jam
- 0.3 teaspoon salt fine
- 12 tablespoons butter unsalted at room temperature ()
- 1 teaspoon vanilla extract

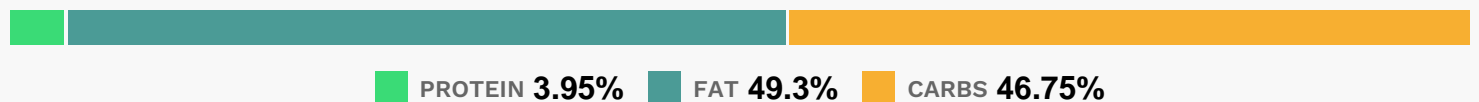
Equipment

- bowl
- frying pan
- oven
- knife
- plastic wrap
- stand mixer
- springform pan

Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Combine the butter and sugar in the bowl of a stand mixer fitted with a paddle attachment. Beat on medium speed until very light and fluffy, about 3 minutes.
- Add the vanilla extract, almond extract, and salt and mix just until smooth. Scrape down the bowl, add the measured flour, and mix on low speed until the dough just comes together.
- Remove 1/2 cup of the dough and, using lightly floured fingertips, press it to 1/2- to 1/4-inch flat on a small plate. Cover with plastic wrap and place in the freezer. Press the remaining dough (with lightly floured fingertips) evenly into the bottom of a 10-inch springform pan.
- Spread the jam over the dough, leaving a 1-inch border.
- Remove the remaining dough from the freezer and crumble it evenly over the jam.
- Sprinkle the almonds evenly over the top.
- Bake until light golden brown, about 50 minutes. Allow to cool to room temperature before removing the pan sides. With a sharp knife, cut the crostata into 12 wedges and serve.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:17.99, Inflammation Score:-3, Nutrition Score:3.7491304731887%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 231.59kcal (11.58%), Fat: 12.82g (19.72%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 26.5g (9.64%), Sugar: 13.11g (14.57%), Cholesterol: 30.1mg (10.03%), Sodium: 53.47mg (2.32%), Alcohol: 0.14g (100%), Alcohol %: 0.36% (100%), Protein: 2.31g (4.62%), Vitamin B1: 0.13mg (8.68%), Manganese: 0.17mg (8.54%), Selenium: 5.78µg (8.26%), Folate: 31.18µg (7.79%), Vitamin B2: 0.12mg (7.07%), Vitamin A: 349.89IU (7%), Vitamin E: 1mg (6.66%), Vitamin B3: 1.03mg (5.13%), Iron: 0.87mg (4.86%), Phosphorus: 34.35mg (3.43%), Fiber: 0.85g (3.38%), Copper: 0.06mg (3.07%), Magnesium: 11.05mg (2.76%), Calcium: 14.63mg (1.46%), Vitamin D: 0.21µg (1.4%), Zinc: 0.21mg (1.39%), Potassium: 46.88mg (1.34%), Vitamin C: 0.83mg (1.01%)