



Jam Tarts (Tartes de Confiture)

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons water
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 18 ounces raspberries
- ☐ 0.5 cup raspberry jam seedless
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup butter unsalted cold cut into 1/2-inch pieces
- ☐ 3 tablespoons shortening cold

Equipment

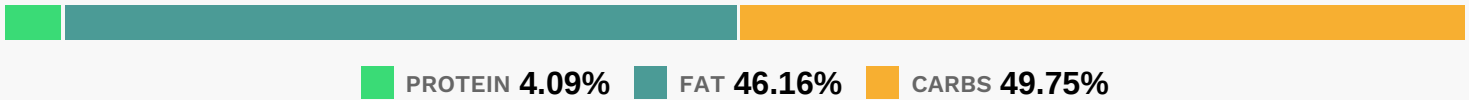
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Blend together flour, butter, shortening, salt, and sugar in a bowl with your fingertips or a pastry blender (or pulse in a food processor) until most of mixture resembles coarse meal with the rest in small (roughly pea-size) lumps.
- ☐ Drizzle evenly with 3 tablespoons ice water and gently stir with a fork (or pulse in food processor) until incorporated.
- ☐ Test dough by gently squeezing a small handful: When it has proper texture, it should hold together without crumbling apart. If necessary, add more ice water, 1 tablespoon at a time, stirring (or pulsing) until just incorporated, and test again. (If you overwork mixture or add too much water, pastry will become tough.)
- ☐ Turn out dough onto a lightly floured work surface and divide into 2 portions. With heel of your hand, smear each portion once in a forward motion to help distribute fat. Gather dough together and divide it into 6 portions, then form each portion into a disk. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Roll each piece of dough into a 6-inch round with a rolling pin on a lightly floured surface and fit each into a tartlet pan.

- ☐ Roll rolling pin over tops of pans to trim dough flush with rims and lightly prick bottoms and sides all over with a fork. Chill 30 minutes.
- ☐ Preheat oven to 375°F.
- ☐ Line shells with foil and fill with pie weights or raw rice.
- ☐ Bake in middle of oven on a baking sheet until pastry is set and pale golden on edges, 15 minutes.
- ☐ Remove foil and weights and bake shells until pale golden all over, 6 to 10 minutes more. Cool in pans on a rack.
- ☐ Simmer jam in a small saucepan, stirring occasionally, 1 minute.
- ☐ Remove from heat and stir in lemon juice. Put raspberries in a large bowl and pour warm jam over berries, gently tossing with a rubber spatula to coat berries. Mound berries in tart shells.
- ☐ ·Dough can be chilled up to 2 days.·Pastry shells can be baked 1 day ahead, then cooled, wrapped in plastic wrap, and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:29.94, Inflammation Score:-6, Nutrition Score:11.526521576488%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 434.18kcal (21.71%), Fat: 22.63g (34.81%), Saturated Fat: 11.38g (71.15%), Carbohydrates: 54.86g (18.29%), Net Carbohydrates: 48.17g (17.52%), Sugar: 18.94g (21.04%), Cholesterol: 40.67mg (13.56%), Sodium: 207.06mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Manganese: 0.8mg (39.78%), Vitamin C: 24.94mg (30.23%), Fiber: 6.68g (26.74%), Folate: 78.82µg (19.7%), Vitamin B1: 0.28mg (18.63%), Selenium: 11.53µg (16.47%), Vitamin B2: 0.22mg (12.65%), Iron: 2.19mg (12.15%), Vitamin B3: 2.37mg (11.86%), Vitamin K: 11.46µg (10.91%), Vitamin E: 1.62mg (10.83%), Vitamin A: 500.82IU (10.02%), Copper: 0.15mg (7.72%), Phosphorus: 68.37mg (6.84%), Magnesium: 27.2mg (6.8%), Potassium: 188.71mg (5.39%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.61mg (4.08%), Calcium: 36.6mg (3.66%), Vitamin B6: 0.07mg (3.35%), Vitamin D: 0.28µg (1.89%)