



Kale, Mushroom and Cranberry Tart

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



509 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 0.3 cup butter cut into 1/2-inch pieces, at room temperature
- 8 ounces button mushrooms sliced
- 4 ounces cream cheese at room temperature
- 0.3 cup cranberries dried
- 1.8 cups flour for dusting all-purpose plus more
- 3 ounces gorgonzola crumbled
- 2 tablespoons honey

- 8 ounce kale stemmed coarsely chopped
- 0.5 teaspoon kosher salt
- 6 servings kosher salt and pepper freshly ground
- 1 medium leek white green rinsed halved lengthwise thinly sliced
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil
- 1 tablespoon olive oil extra-virgin
- 2 small shallots thinly sliced
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons butter unsalted at room temperature
- 0.3 cup vegetable broth low-sodium

Equipment

- food processor
- bowl
- frying pan
- plastic wrap
- wooden spoon
- grill
- stand mixer
- spatula
- grill pan

Directions

- Combine the flour, salt and baking soda in the bowl of a stand mixer fitted with the paddle attachment.
- Add the butter and mix on low speed until incorporated, about 2 minutes. With the machine running, slowly add 1/3 cup water and mix until a dough forms, adding more water if needed, 1 tablespoon at a time.

- Transfer the dough to a lightly floured work surface and knead until smooth, about 5 minutes. Form the dough into a disc and wrap in plastic wrap. Refrigerate for 30 minutes.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. On a lightly floured work surface, roll out the dough into a 1/4-inch-thick circle, about 9-inches in diameter.
- Brush with olive oil. Grill for 4 minutes per side.
- Let cool slightly.
- For the filling: In a large skillet, heat the butter and olive oil over medium-high heat.
- Add the mushrooms, leeks, shallot, 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Cook, stirring frequently, until the vegetables are soft, about 8 minutes.
- Add the kale and cook until wilted, about 6 minutes.
- Add the broth and cranberries. Bring to a boil and scrape up the browned bits from the bottom of the pan with a wooden spoon. Season with salt and pepper.
- For the cheese layer: In a food processor, combine the gorgonzola, cream cheese, sour cream, honey, lemon juice, 1/4 teaspoon salt and 1/8 teaspoon pepper. Blend until smooth.
- Using a spatula, spread the cheese layer evenly over the crust. Spoon the filling on top.
- Cut the tart into slices and serve.

Nutrition Facts

PROTEIN 8.68% **FAT 54.44%** **CARBS 36.88%**

Properties

Glycemic Index:59.55, Glycemic Load:24.75, Inflammation Score:-10, Nutrition Score:25.208695743395%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.92mg, Isorhamnetin: 8.92mg, Isorhamnetin: 8.92mg, Isorhamnetin: 8.92mg Kaempferol: 18.09mg, Kaempferol: 18.09mg, Kaempferol: 18.09mg, Kaempferol: 18.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg

Nutrients (% of daily need)

Calories: 509.16kcal (25.46%), Fat: 31.59g (48.6%), Saturated Fat: 16.46g (102.9%), Carbohydrates: 48.14g (16.05%), Net Carbohydrates: 44.28g (16.1%), Sugar: 14.57g (16.19%), Cholesterol: 71.4mg (23.8%), Sodium: 750.16mg (32.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.67%), Vitamin K: 159.9µg (152.29%), Vitamin A: 4858.28IU (97.17%), Vitamin C: 39.73mg (48.16%), Vitamin B2: 0.61mg (35.82%), Manganese: 0.64mg (32.08%), Selenium: 21.09µg (30.14%), Folate: 117.92µg (29.48%), Vitamin B1: 0.39mg (25.86%), Calcium: 231.83mg (23.18%), Vitamin B3: 4.27mg (21.36%), Phosphorus: 196.92mg (19.69%), Iron: 3.07mg (17.03%), Fiber: 3.87g (15.46%), Potassium: 443.51mg (12.67%), Vitamin B5: 1.26mg (12.6%), Vitamin E: 1.83mg (12.2%), Copper: 0.24mg (11.93%), Vitamin B6: 0.22mg (11.1%), Magnesium: 37.53mg (9.38%), Zinc: 1.22mg (8.15%), Vitamin B12: 0.29µg (4.9%), Vitamin D: 0.22µg (1.44%)