



Mango Tart

READY IN



60 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.3 cup whipped cream
- ☐ 1 large eggs lightly beaten
- ☐ 8 servings lime zest finely julienned
- ☐ 2 large mangos peeled
- ☐ 1 puff pastry frozen thawed
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup sugar

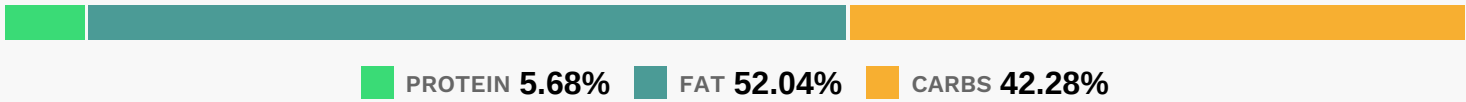
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mandoline

Directions

- ☐ Preheat oven to 400°F.
- ☐ Unfold pastry sheet on a greased baking sheet, then turn over (to prevent creases from splitting during baking). Trim edges with a sharp knife.
- ☐ Brush pastry lightly with egg (do not allow to drip down sides). Create a 3/4-inch border all around by lightly scoring a line parallel to each edge of pastry (do not cut all the way through). Prick inner rectangle evenly with a fork, then sprinkle with 1 tablespoon sugar.
- ☐ Bake in lower third of oven 15 minutes, or until puffed and golden brown.
- ☐ Transfer to a rack and cool to room temperature.
- ☐ Whisk together sour cream, cream cheese, remaining 3 tablespoons sugar, and zest.
- ☐ Thinly slice mangoes lengthwise with a mandoline or other manual slicer or a sharp knife (be careful because peeled mango is slippery), then halve wide slices lengthwise.
- ☐ Just before serving, spread cream over inner rectangle of pastry and top with mangoes, folding decoratively.
- ☐ • Trimming edges of pastry dough allows layers to separate so pastry rises evenly.

Nutrition Facts



Properties

Glycemic Index:33.11, Glycemic Load:15.63, Inflammation Score:-6, Nutrition Score:6.7782609410908%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin:

0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 267.98kcal (13.4%), Fat: 15.83g (24.35%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 27.61g (10.04%), Sugar: 14.28g (15.87%), Cholesterol: 33.63mg (11.21%), Sodium: 90.39mg (3.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Vitamin C: 19.26mg (23.34%), Selenium: 10.25µg (14.64%), Vitamin A: 701.17IU (14.02%), Folate: 50.1µg (12.52%), Vitamin B1: 0.14mg (9.53%), Vitamin B2: 0.16mg (9.53%), Manganese: 0.19mg (9.29%), Vitamin B3: 1.64mg (8.22%), Vitamin K: 7.39µg (7.04%), Iron: 1mg (5.54%), Fiber: 1.32g (5.26%), Phosphorus: 51.33mg (5.13%), Vitamin E: 0.77mg (5.13%), Copper: 0.1mg (5.04%), Vitamin B6: 0.09mg (4.3%), Potassium: 137.04mg (3.92%), Magnesium: 12.6mg (3.15%), Calcium: 29.69mg (2.97%), Vitamin B5: 0.26mg (2.56%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.09µg (1.55%)