



Mango Tart with Coconut Crust

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 0.3 cup confectioners sugar
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon gelatin powder unflavored (from 1 envelope)
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 cup well-chilled heavy cream
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2.5 cups mango plus) firm-ripe mango diced ripe chopped (from two 1-pound mangoes) (from one 1-pound mango)
- ☐ 0.3 teaspoon salt

- ☐ 1.8 ounce coconut or sweetened flaked
- ☐ 7 tablespoons butter unsalted cold cut into bits

Equipment

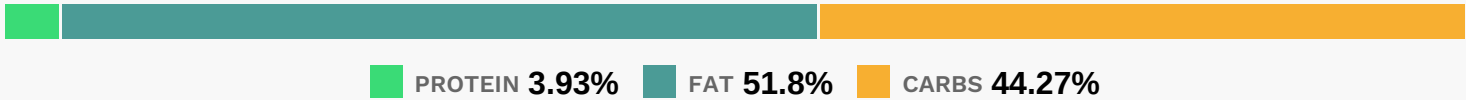
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread coconut in an even layer in a pie plate and toast in middle of oven, stirring occasionally, until golden, 10 to 12 minutes. (Leave oven on for baking crust.) Cool coconut to room temperature, about 10 minutes.
- ☐ Pulse together flour, coconut, butter, confectioners sugar, and salt in a food processor until dough just begins to form a ball. Press dough onto bottom and up side of tart pan with floured fingers, then freeze until firm, about 10 minutes.
- ☐ Bake in pan on a baking sheet in middle of oven until golden, about 25 minutes, then cool completely in pan on a rack.
- ☐ Purée chopped mango (2 1/2 cups) with sugar, lime juice, and a pinch of salt in a food processor until smooth, about 1 minute.
- ☐ Sprinkle gelatin over 1/4 cup purée in a heatproof bowl and let stand to soften 1 minute. Set bowl over a saucepan of simmering water and stir until gelatin is dissolved.
- ☐ Remove bowl from heat and stir in remaining purée.
- ☐ Beat cream in a large bowl with an electric mixer until it just holds stiff peaks, then fold in purée. Set bowl with filling in a larger bowl of ice and cold water and chill, stirring occasionally, until thickened, 1 to 1 1/2 hours.

Remove side of tart pan and spoon filling into crust, smoothing top. Chill, loosely covered,until filling is set, at least 8 hours. Before serving, let stand at room temperature at least 15 minutes but no longer than 30, then scatter diced mango over top of tart, leaving a 2-inch border around edge.

Nutrition Facts



Properties

Glycemic Index:24.61, Glycemic Load:13.19, Inflammation Score:-6, Nutrition Score:6.0865217550941%

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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 262.81kcal (13.14%), Fat: 15.58g (23.97%), Saturated Fat: 10.28g (64.23%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 28.2g (10.25%), Sugar: 19.12g (21.24%), Cholesterol: 37.54mg (12.51%), Sodium: 96.32mg (4.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin C: 19.95mg (24.19%), Vitamin A: 1011.68IU (20.23%), Folate: 45.09µg (11.27%), Manganese: 0.17mg (8.71%), Selenium: 5.96µg (8.51%), Vitamin B1: 0.11mg (7.4%), Fiber: 1.77g (7.08%), Vitamin B2: 0.1mg (6.16%), Vitamin E: 0.85mg (5.7%), Vitamin B3: 1.1mg (5.49%), Copper: 0.11mg (5.4%), Iron: 0.75mg (4.15%), Potassium: 138.58mg (3.96%), Vitamin B6: 0.07mg (3.68%), Phosphorus: 35.49mg (3.55%), Vitamin K: 3.4µg (3.24%), Magnesium: 12.25mg (3.06%), Vitamin D: 0.34µg (2.28%), Vitamin B5: 0.21mg (2.06%), Calcium: 18.54mg (1.85%), Zinc: 0.21mg (1.41%)