



Mascarpone Tart with Honey, Oranges, and Pistachios

READY IN



70 min.

SERVINGS



8

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon ground cardamom generous ()
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 2 tablespoons honey divided
- ☐ 8.8 ounce mascarpone cheese chilled
- ☐ 2 large navel oranges
- ☐ 2 tablespoons pistachios chopped
- ☐ 1 pie crust dough refrigerated
- ☐ 0.3 cup sugar

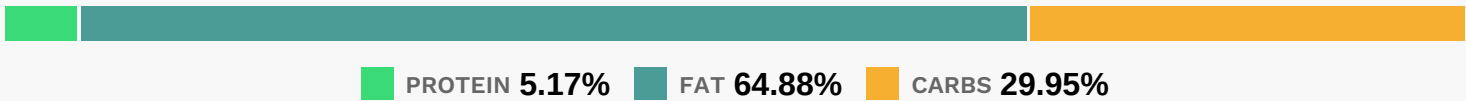
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ To cool the crust quickly, place it on a rack, position a fan a few feet away (aiming toward the crust), and turn the fan on medium speed.
- ☐ Preheat oven to 400°F. Press pie crust onto bottom and up sides of 9-inch-diameter tart pan with removable bottom; fold sides in and press to extend sides 1/4 inch above rim of pan. Pierce crust all over with fork.
- ☐ Bake until golden brown, about 24 minutes. Cool completely on rack.
- ☐ Meanwhile, grate enough orange peel to measure 1 1/4 teaspoons.
- ☐ Cut off remaining peel and pith from oranges. Slice oranges into thin rounds, then cut rounds crosswise in half.
- ☐ Place orange slices on paper towels to drain slightly.
- ☐ Combine mascarpone, cream, sugar, 1 tablespoon honey, cardamom, and orange peel in medium bowl. Using electric mixer, beat just until blended and peaks form (do not overbeat or mixture will curdle).
- ☐ Spread filling evenly in cooled crust. Arrange orange slices atop tart in concentric circles; sprinkle with pistachios.
- ☐ Drizzle with remaining 1 tablespoon honey and serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:6.68, Inflammation Score:-5, Nutrition Score:5.1156522255877%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 355.92kcal (17.8%), Fat: 25.87g (39.8%), Saturated Fat: 14g (87.48%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 25.35g (9.22%), Sugar: 14.1g (15.67%), Cholesterol: 47.99mg (16%), Sodium: 108.73mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Vitamin C: 20.92mg (25.36%), Vitamin A: 749.69IU (14.99%), Calcium: 75.15mg (7.51%), Manganese: 0.15mg (7.43%), Folate: 28.43µg (7.11%), Vitamin B1: 0.1mg (6.78%), Fiber: 1.52g (6.09%), Vitamin B2: 0.09mg (5.19%), Phosphorus: 41.49mg (4.15%), Iron: 0.72mg (4%), Vitamin B6: 0.08mg (3.84%), Vitamin B3: 0.76mg (3.82%), Potassium: 115.62mg (3.3%), Copper: 0.06mg (2.91%), Selenium: 1.87µg (2.67%), Magnesium: 10.6mg (2.65%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.33mg (2.2%), Vitamin K: 2.03µg (1.93%), Vitamin D: 0.24µg (1.59%), Zinc: 0.22mg (1.45%)