



Meringue-Topped Cranberry Curd Tart

READY IN



45 min.

SERVINGS



12

CALORIES



251 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 2 tablespoons butter softened
- 4 teaspoons butter melted
- 0.3 cup cornstarch
- 12 ounce cranberries fresh
- 3 large egg whites
- 2 large egg yolk
- 1.3 cups flour all-purpose
- 0.1 teaspoon salt

- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 cup sugar divided
- 1 tablespoon sugar
- 0.3 cup shortening
- 0.3 cup water
- 0.3 cup water boiling
- 0.8 cup water divided

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- sieve
- blender
- plastic wrap
- kitchen thermometer
- aluminum foil
- broiler
- tart form
- candy thermometer

Directions

- Weigh flour.
- Combine first 4 ingredients in a bowl; cut in shortening with a pastry blender until mixture resembles coarse meal. Make a well in center of flour mixture.

- Combine 1/4 cup boiling water and melted butter in a bowl.
- Pour butter mixture into center of well. Gently draw flour mixture into butter mixture until moist clumps form. Press dough into a 4-inch circle; cover. Chill for 30 minutes.
- Preheat oven to 40
- Unwrap dough; place between 2 sheets of plastic wrap.
- Roll dough into an 11-inch circle.
- Remove top sheet of plastic wrap. Fit dough, plastic wrap side up, into a 9-inch round tart pan coated with cooking spray.
- Remove plastic wrap. Press dough into bottom and up sides of pan; fold excess crust back in and press. Pierce bottom and sides of dough lightly with a fork; freeze 10 minutes. Line bottom of dough with foil; arrange pie weights on foil.
- Bake at 400 for 18 minutes.
- Remove foil and pie weights.
- Bake 15 minutes or until lightly browned. Cool on a wire rack.
- Combine cranberries, 1/2 cup sugar, 1/4 cup water, and 1/8 teaspoon salt in a medium saucepan. Cook over medium-high heat 10 minutes or until cranberries burst.
- Combine 1/2 cup sugar, 1/2 cup water, cornstarch, and egg yolks in a small bowl; stir with a whisk until smooth. Gradually add 1 cup hot cranberry mixture to egg mixture, stirring constantly. Return egg mixture to pan. Cook until a thermometer registers 160, stirring constantly.
- Place a food mill or fine sieve over a large bowl.
- Pour cranberry mixture into food mill, and press through. Discard solids.
- Add 2 tablespoons butter; stir. Spoon into baked crust. Cover and chill.
- Preheat broiler.
- Place egg whites and 1/8 teaspoon salt in a large bowl; beat with a mixer at high speed until soft peaks form.
- Combine 1/2 cup sugar and 1/4 cup water in a small saucepan; bring to a boil. Cook, without stirring, until candy thermometer registers 23
- Gradually pour hot sugar syrup into egg white mixture, beating until stiff peaks form.
- Spread meringue over cranberry curd.
- Broil meringue for 30 seconds or until lightly browned.

Nutrition Facts

PROTEIN 4.48% FAT 30.03% CARBS 65.49%

Properties

Glycemic Index:43.52, Glycemic Load:26.43, Inflammation Score:-2, Nutrition Score:4.023913031039%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 250.59kcal (12.53%), Fat: 8.53g (13.12%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 40.46g (14.71%), Sugar: 27.27g (30.3%), Cholesterol: 39.2mg (13.07%), Sodium: 125.01mg (5.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Selenium: 7.95µg (11.36%), Manganese: 0.2mg (9.8%), Vitamin B2: 0.13mg (7.5%), Vitamin B1: 0.11mg (7.47%), Folate: 28.7µg (7.17%), Fiber: 1.4g (5.59%), Vitamin E: 0.81mg (5.4%), Vitamin C: 3.97mg (4.81%), Iron: 0.79mg (4.4%), Vitamin B3: 0.81mg (4.04%), Vitamin K: 4.03µg (3.84%), Phosphorus: 32.6mg (3.26%), Vitamin A: 157.83IU (3.16%), Vitamin B5: 0.27mg (2.74%), Copper: 0.05mg (2.29%), Vitamin B6: 0.03mg (1.62%), Potassium: 54.74mg (1.56%), Calcium: 15.45mg (1.55%), Magnesium: 6.05mg (1.51%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.07µg (1.16%), Vitamin D: 0.15µg (1.02%)