



Miascia (Mixed Fruit Tart)

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 1.5 cups rome apple peeled chopped
- ☐ 1 ounce day-old bread white
- ☐ 2 tablespoons cornmeal
- ☐ 3 eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 cups milk 1% low-fat divided

- ☐ 2 teaspoons olive oil
- ☐ 1 cup pears peeled chopped
- ☐ 0.3 cup raisins
- ☐ 0.5 cup grapes red seedless halved
- ☐ 0.3 cup sugar divided
- ☐ 0.5 cup water boiling

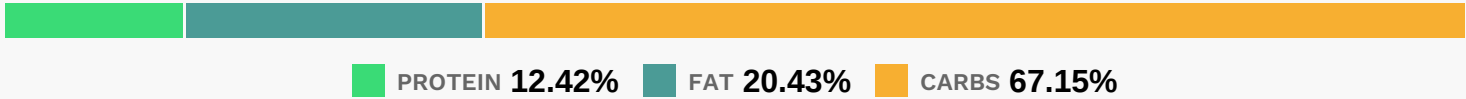
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Combine raisins and boiling water; let stand 15 minutes.
- ☐ Drain and set aside.
- ☐ Trim crusts from bread.
- ☐ Cut each slice into 4 triangles; place in single layer in a 13-x 9-x 2-inch baking dish.
- ☐ Pour 1/2 cup milk over bread; let stand 5 minutes.
- ☐ Carefully (bread will be soggy) arrange bread triangles in the bottom of a 10-inch quiche dish coated with cooking spray. Top with apple and pear.
- ☐ Place flour in a medium bowl; gradually add remaining milk, stirring with a wire whisk until blended. Stir in 1/4 cup plus 1 tablespoon sugar, cornmeal, lemon rind, and eggs; stir well.
- ☐ Pour milk mixture over apple and pear; top with raisins and grapes, and sprinkle with rosemary.
- ☐ Drizzle oil over mixture; sprinkle with remaining sugar.
- ☐ Bake at 350 for 50 minutes or until set; cool on wire rack.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:57.74, Glycemic Load:12.13, Inflammation Score:-2, Nutrition Score:5.4017391515815%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 145.25kcal (7.26%), Fat: 3.41g (5.25%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 23.26g (8.46%), Sugar: 14.6g (16.22%), Cholesterol: 63.59mg (21.2%), Sodium: 60.46mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Selenium: 7.7µg (11%), Vitamin B2: 0.19mg (10.89%), Phosphorus: 100.23mg (10.02%), Calcium: 79.26mg (7.93%), Fiber: 1.98g (7.91%), Vitamin B12: 0.42µg (6.95%), Potassium: 211.86mg (6.05%), Vitamin B1: 0.09mg (6.01%), Vitamin D: 0.82µg (5.45%), Vitamin B6: 0.11mg (5.3%), Vitamin B5: 0.49mg (4.87%), Folate: 19.35µg (4.84%), Manganese: 0.09mg (4.64%), Iron: 0.8mg (4.43%), Magnesium: 16.14mg (4.04%), Vitamin A: 200.64IU (4.01%), Copper: 0.08mg (3.85%), Zinc: 0.57mg (3.81%), Vitamin C: 2.82mg (3.42%), Vitamin K: 3.49µg (3.33%), Vitamin E: 0.43mg (2.86%), Vitamin B3: 0.53mg (2.63%)