



Orange Tart with Orange Cream and Pistachios

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



545 kcal

DESSERT

Ingredients

- 0.3 cup powdered sugar
- 8 oz cream cheese softened
- 1 large eggs lightly beaten
- 2 tablespoons granulated sugar
- 11 navel oranges
- 2 tablespoons pistachios salted red shelled chopped (not dyed)
- 1 puff pastry frozen chilled thawed

- 0.1 teaspoon salt
- 0.5 teaspoon vanilla

Equipment

- baking sheet
- paper towels
- oven
- knife
- whisk
- rolling pin

Directions

- Preheat oven to 425°F.
- Unfold pastry sheet on a lightly floured surface and roll out pastry with a floured rolling pin into a 12-inch square.
- Brush off excess flour from top and bottom of square and from work surface. Trim a 3/4-inch-wide strip from all sides of square and reserve. Put pastry square on a baking sheet and prick all over with a fork.
- Brush pastry square with some of egg and arrange 1 strip on each edge of pastry square, overlapping strips at corners, to form a raised edge around pastry, and trim overhang.
- Brush strips with some of egg, then sprinkle pastry evenly with granulated sugar.
- Bake in middle of oven until golden brown, 15 to 17 minutes. Carefully slide pastry from baking sheet to a rack to cool, then gently flatten inner part of pastry with your palm if very puffed.
- Squeeze 2 tablespoons juice from 1 orange.
- Cut peel, including all white pith, from remaining 10 oranges with a sharp paring knife and cut each orange crosswise into 1/4-inch-thick slices. Arrange slices in 1 layer between paper towels to drain briefly.
- Whisk together cream cheese, confectioners sugar, vanilla, salt, and orange juice and spread evenly over center of pastry, spreading it to raised edges.
- Arrange oranges, overlapping, on pastry and sprinkle with pistachios.

Nutrition Facts

PROTEIN 6.52% FAT 49.24% CARBS 44.24%

Properties

Glycemic Index:28.52, Glycemic Load:13.4, Inflammation Score:-9, Nutrition Score:17.623913034149%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg 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: 56.13mg, Hesperetin: 56.13mg, Hesperetin: 56.13mg, Hesperetin: 56.13mg Naringenin: 18.22mg, Naringenin: 18.22mg, Naringenin: 18.22mg, Naringenin: 18.22mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg 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: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 544.83kcal (27.24%), Fat: 30.89g (47.52%), Saturated Fat: 12.02g (75.1%), Carbohydrates: 62.45g (20.82%), Net Carbohydrates: 55.94g (20.34%), Sugar: 32.69g (36.32%), Cholesterol: 69.18mg (23.06%), Sodium: 283.41mg (12.32%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 9.2g (18.4%), Vitamin C: 151.83mg (184.04%), Folate: 127.71µg (31.93%), Fiber: 6.52g (26.07%), Vitamin B1: 0.37mg (24.72%), Vitamin A: 1197.4IU (23.95%), Selenium: 15.92µg (22.74%), Vitamin B2: 0.38mg (22.21%), Calcium: 158.56mg (15.86%), Manganese: 0.31mg (15.57%), Potassium: 538.68mg (15.39%), Phosphorus: 152.75mg (15.27%), Vitamin B6: 0.29mg (14.46%), Vitamin B3: 2.87mg (14.34%), Magnesium: 42.23mg (10.56%), Vitamin B5: 1.03mg (10.26%), Copper: 0.19mg (9.64%), Iron: 1.67mg (9.28%), Vitamin E: 1.08mg (7.17%), Vitamin K: 7.39µg (7.04%), Zinc: 0.77mg (5.16%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.17µg (1.11%)