



WHATSheATE



Pear and Apple Crostata with Five-Spice Whipped Cream

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon five spice powder chinese
- ☐ 6 ounces anjou pear firm cored ripe peeled thinly sliced quartered
- ☐ 2.5 tablespoons candied ginger minced
- ☐ 1 large eggs beaten to blend ()
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 12 ounces apples i use 2 granny smith apples cored peeled thinly sliced quartered
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons water ()

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening chilled cut into 1/2-inch pieces
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon unbleached all purpose flour
- ☐ 0.3 cup butter unsalted chilled cut into 1/2-inch pieces ()
- ☐ 0.5 cup whipping cream chilled
- ☐ 2 tablespoons flour whole wheat

Equipment

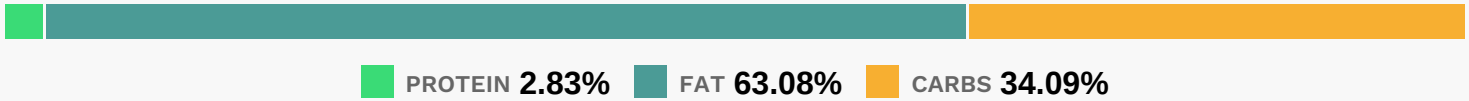
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula
- ☐ tart form

Directions

- ☐ Mix both flours, sugar and salt in processor.
- ☐ Add butter and shortening. Using on/off turns, process until butter and shortening form pea-size pieces.
- ☐ Mix in enough ice water to form moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic and refrigerate until firm, about 1 hour. (Can be prepared 3 days ahead. Keep refrigerated.)
- ☐ Position rack in center of oven and preheat oven to 400°F.
- ☐ Combine first 6 ingredients in large bowl. Toss to blend.
- ☐ Let stand until juices form, about 15 minutes.
- ☐ Roll out dough on lightly floured work surface to 1 1/2-inch round.
- ☐ Transfer dough to unrimmed baking sheet. Mound filling atop dough, leaving 2-inch border. Fold dough border over filling to form 7-inch round, pleating loosely and pinching to seal any cracks in dough.

- ☐ Brush crust and fruit with egg, then sprinkle with 1 tablespoon sugar.
- ☐ Bake crostata until crust is golden and juices bubble thickly, about 40 minutes.
- ☐ Transfer baking sheet to rack; cool 10 minutes. Slide metal spatula under crust to free from baking sheet. Cool crostata to lukewarm. Using large tart pan bottom as aid, transfer crostata to platter.
- ☐ Whip cream, honey and five-spice powder in medium bowl until stiff.
- ☐ Serve crostata lukewarm or at room temperature with whipped cream.
- ☐ *A blend of ground anise, cinnamon, star anise, cloves and ginger, available in the spice section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:4.68, Inflammation Score:-3, Nutrition Score:3.6443478594656%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 252.61kcal (12.63%), Fat: 18.33g (28.2%), Saturated Fat: 8.89g (55.56%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 20.35g (7.4%), Sugar: 17.38g (19.31%), Cholesterol: 55.31mg (18.44%), Sodium: 89.38mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin A: 458.99IU (9.18%), Fiber: 1.94g (7.75%), Vitamin K: 6.31µg (6.01%), Vitamin E: 0.88mg (5.86%), Manganese: 0.12mg (5.8%), Selenium: 3.95µg (5.65%), Vitamin B2: 0.09mg (5.01%), Vitamin C: 3.51mg (4.25%), Phosphorus: 38.68mg (3.87%), Potassium: 114.26mg (3.26%), Vitamin D: 0.47µg (3.13%), Calcium: 26.04mg (2.6%), Vitamin B6: 0.05mg (2.6%), Iron: 0.46mg

(2.58%), Copper: 0.05mg (2.55%), Vitamin B5: 0.25mg (2.47%), Folate: 9.37µg (2.34%), Magnesium: 9.15mg (2.29%), Vitamin B1: 0.03mg (2.28%), Zinc: 0.23mg (1.57%), Vitamin B12: 0.09µg (1.52%), Vitamin B3: 0.25mg (1.25%)