



Pear and Raspberry Crostata

 Vegetarian

READY IN



90 min.

SERVINGS



14

CALORIES



278 kcal

DESSERT

Ingredients

- 1 large egg plus egg yolk
- 2 cups flour
- 1 tablespoon honey
- 1 lemon zest
- 6 but pears firm pitted ripe peeled cut into wedges
- 1 cup raspberries fresh
- 2 tablespoons raspberry jam
- 1 tablespoon "raw" sugar

- 0.5 cup sugar
- 1 cup butter unsalted cold cut into pieces (2 sticks)
- 2 tablespoons milk whole

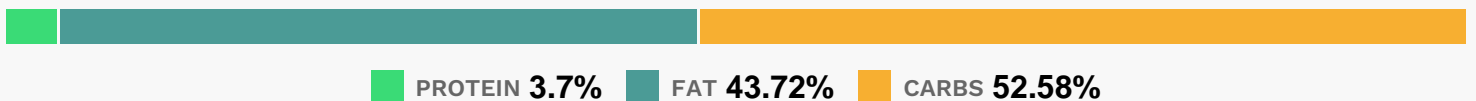
Equipment

- bowl
- baking sheet
- baking paper
- oven
- blender
- spatula
- pastry brush

Directions

- In the bowl of a mixer, blend the butter, flour, sugar, and lemon zest at low speed until the mixture is coarse and sandy-looking.
- Add the egg mixture and blend just until the mixture comes together. Form into a ball, wrap with plastic, and refrigerate at least 1 hour. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper. On a floured surface, roll the dough out to a rough circle about 14 inches in diameter.
- Transfer to the baking sheet. All around the edge of the dough, fold in the outer 1/2-inch to form a rough, "rustic" edge for the tart. Using a rubber spatula, gently spread the jam over the bottom of the tart. Then arrange the pear wedges in concentric circles over the jam. Dot with raspberries and drizzle with the honey. With a pastry brush, brush the tart edge with the milk.
- Sprinkle with the coarse sugar.
- Bake until the fruit is tender and the underside of the tart is lightly browned, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:20.11, Inflammation Score:-4, Nutrition Score:5.6339130090631%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 278.02kcal (13.9%), Fat: 13.91g (21.39%), Saturated Fat: 8.53g (53.32%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 34.15g (12.42%), Sugar: 18.6g (20.66%), Cholesterol: 48.23mg (16.08%), Sodium: 5.48mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Fiber: 3.48g (13.94%), Manganese: 0.22mg (11.01%), Folate: 42.48µg (10.62%), Vitamin B1: 0.16mg (10.46%), Selenium: 7.14µg (10.21%), Vitamin A: 448.29IU (8.97%), Vitamin B2: 0.13mg (7.68%), Vitamin C: 6.34mg (7.68%), Vitamin B3: 1.24mg (6.21%), Iron: 1.09mg (6.07%), Copper: 0.1mg (5.2%), Vitamin K: 5.23µg (4.98%), Phosphorus: 42.38mg (4.24%), Vitamin E: 0.59mg (3.93%), Potassium: 133.03mg (3.8%), Magnesium: 12.02mg (3.01%), Vitamin D: 0.33µg (2.22%), Vitamin B6: 0.04mg (2.12%), Calcium: 21.19mg (2.12%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.3mg (1.97%), Vitamin B12: 0.06µg (1.05%)