



Pear & blackberry crostata



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



331 kcal

Ingredients

- ☐ 500 g pack shortcrust pastry sweet
- ☐ 4 tbsp blackberry conserve
- ☐ 140 g blackberry frozen
- ☐ 4 pears cored ripe peeled sliced

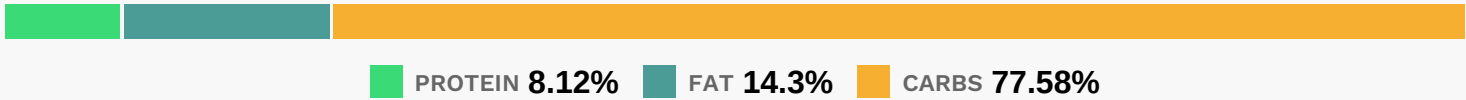
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and put a baking tray in the oven to preheat. On a lightly floured surface, roll out two-thirds of the pastry to a 5mm thick disc and use to line a 23cm pie tin, leaving any excess pastry to overhang.
- ☐ Spread the conserve onto the pastry base, then top with the blackberries and pears.
- ☐ Roll out the remaining pastry on a lightly floured surface to 5mm thick. Using a fluted ravioli wheel, cut the dough into 12 x 23cm strips. To lattice the pastry, place a pastry strip horizontally on top of the pie, then lay a strip vertically, repeating to create a woven pattern. For an easier topping, simply arrange half the strips at 2cm intervals across the top of the pie. Repeat crosswise with the remaining strips. Seal and trim any excess pastry.
- ☐ Place the crostata on the hot baking tray on the lowest shelf and bake for 40 mins. Set aside for 15 mins to cool then dust with icing sugar.

Nutrition Facts



Properties

Glycemic Index:20.79, Glycemic Load:21.69, Inflammation Score:-5, Nutrition Score:12.260434969612%

Flavonoids

Cyanidin: 35.61mg, Cyanidin: 35.61mg, Cyanidin: 35.61mg, Cyanidin: 35.61mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 12.62mg, Catechin: 12.62mg, Catechin: 12.62mg, Catechin: 12.62mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 6.01mg, Epicatechin: 6.01mg, Epicatechin: 6.01mg, Epicatechin: 6.01mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 331.08kcal (16.55%), Fat: 5.33g (8.2%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 65.06g (21.69%), Net Carbohydrates: 58.04g (21.11%), Sugar: 13.34g (14.82%), Cholesterol: 0mg (0%), Sodium: 404.02mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.61%), Manganese: 0.67mg (33.4%), Vitamin B1: 0.47mg

(31.45%), Selenium: 19.67µg (28.1%), Fiber: 7.02g (28.08%), Folate: 89.94µg (22.48%), Vitamin B2: 0.32mg (19.04%), Vitamin B3: 3.8mg (19%), Iron: 3.09mg (17.19%), Vitamin C: 12.07mg (14.63%), Vitamin K: 13.88µg (13.21%), Copper: 0.24mg (11.81%), Phosphorus: 84.04mg (8.4%), Potassium: 253.08mg (7.23%), Magnesium: 27.44mg (6.86%), Zinc: 0.7mg (4.69%), Vitamin B5: 0.4mg (4.01%), Vitamin E: 0.6mg (3.98%), Vitamin B6: 0.07mg (3.47%), Calcium: 29.47mg (2.95%), Vitamin A: 100.69IU (2.01%)