



Persimmon-Cranberry Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



567 kcal

DESSERT

Ingredients

- 2 tablespoons cranberries fresh rinsed
- 10 oz fuyu persimmons) firm
- 2 servings lightly softly whipped cream sweetened
- 2 puff pastry shells frozen thawed
- 4 teaspoons currant jelly
- 4 teaspoons sugar

Equipment

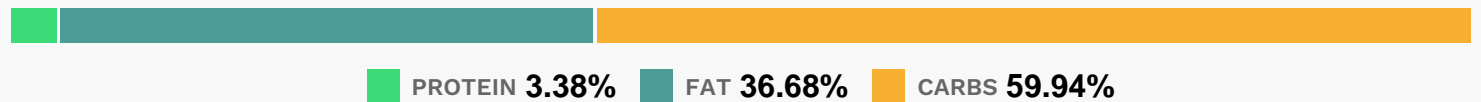
- bowl

- baking sheet
- oven
- microwave

Directions

- On a lightly floured board, roll each pastry shell into a 5- to 6-inch round. Set rounds about 2 inches apart on a 12- by 15-inch baking sheet.
- Peel persimmons or apple; quarter lengthwise, core, and slice 1/4 inch thick. Overlap slices attractively on pastries.
- Sprinkle half the cranberries and sugar evenly over each tart.
- Bake in a 400 regular or convection oven until richly browned, 20 to 30 minutes. Meanwhile, place jelly in a microwave-safe bowl and heat in a microwave oven on full power (100%) just until melted, 20 to 30 seconds.
- Brush jelly over hot tarts.
- Transfer tarts to racks.
- Serve warm or cool, topped with a dollop of crme frache.

Nutrition Facts



Properties

Glycemic Index:138.05, Glycemic Load:46.58, Inflammation Score:-5, Nutrition Score:11.142173890186%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 567.26kcal (28.36%), Fat: 24.08g (37.04%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 88.52g (29.51%), Net Carbohydrates: 87.13g (31.68%), Sugar: 16.83g (18.7%), Cholesterol: 20.55mg (6.85%), Sodium: 129mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.97%), Vitamin C: 96.95mg (117.51%), Iron: 4.85mg (26.96%), Selenium: 11.72µg (16.74%), Manganese: 0.29mg (14.43%), Potassium: 490.86mg (14.02%), Vitamin B1: 0.19mg (12.74%), Vitamin B3: 1.98mg (9.89%), Folate: 38.35µg (9.59%), Vitamin B2: 0.15mg (8.71%), Vitamin K: 8.31µg (7.91%), Phosphorus: 69.34mg (6.93%), Calcium: 57.53mg (5.75%), Fiber: 1.39g (5.57%), Vitamin A: 226.84IU (4.54%), Copper: 0.08mg (3.82%), Vitamin E: 0.47mg (3.11%), Magnesium: 8.97mg (2.24%), Zinc: 0.27mg (1.81%), Vitamin B6: 0.02mg (1.05%)