



Pink Grapefruit Tart with Edamame Ice Cream and Black Sesame Seeds

READY IN



45 min.

SERVINGS



6

CALORIES



669 kcal

Ingredients

- ☐ 0.7 cup all purpose flour
- ☐ 6 servings sesame seed black
- ☐ 1 leaves micro celery chopped
- ☐ 0.5 cup pink grapefruit juice fresh
- ☐ 2 large pink grapefruits
- ☐ 2 cups cubes pink grapefruit rind white (peel and pith; from 2 pink grapefruits)
- ☐ 6 servings edamame ice cream
- ☐ 0.3 cup powdered sugar
- ☐ 1 pinch salt

- ☐ 0.7 cup sugar
- ☐ 0.3 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 2 tablespoons whipping cream chilled
- ☐ 1 star anise whole

Equipment

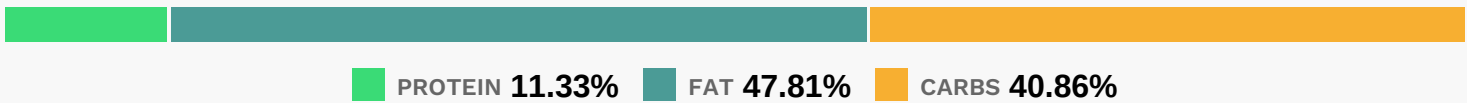
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Cook rind in heavy medium saucepan of boiling water 1 minute; drain. Bring more water to boil in same pan; add rind, boil 1 minute, and drain. Repeat 3 more times (for total of 5 times).
- ☐ Combine blanched rind, sugar, grapefruit juice, and star anise in same medium saucepan. Stir over medium heat until sugar dissolves. Reduce heat to medium-low and simmer until mixture is almost dry, stirring occasionally, about 18 minutes. Discard star anise.
- ☐ Transfer mixture to mini processor and puree until smooth.
- ☐ Transfer marmalade to small bowl. DO AHEAD: Can be made 2 weeks ahead. Cover and chill.
- ☐ Blend flour, powdered sugar, and salt in processor 5 seconds.
- ☐ Add butter; using on/off turns, cut in butter until fine meal forms.
- ☐ Add whipping cream; blend until moist clumps form. Shape dough into thin square; wrap and chill 30 minutes.
- ☐ Line small baking sheet with parchment paper.
- ☐ Roll out dough on lightly floured surface to 1/8-inch-thick square, trimming if necessary.
- ☐ Cut six 3x2-inch rectangles; transfer to prepared sheet. Cover and chill at least 30 minutes and up to 1 day.
- ☐ Preheat oven to 350°F.

- ☐ Bake pastries uncovered until pale golden but brown at edges, about 12 minutes. Cool pastries on sheet.
- ☐ Preheat oven to 250°F. Line large rimmed baking sheet with parchment paper.
- ☐ Cut top and bottom 1/2 inch off each grapefruit. Stand each on 1 flat end. Following contour of fruit, cut off all peel and white pith. Working over bowl, cut grapefruits between membranes, releasing segments into bowl.
- ☐ Drain grapefruit segments well. Arrange segments, on sides and spaced apart, on prepared sheet.
- ☐ Bake segments until dry to touch but still moist inside, about 1 hour. Cool on sheet.
- ☐ Spread 1 tablespoon marmalade on each pastry.
- ☐ Place pastries on plates. Arrange 3 grapefruit segments on each. Scoop Edamame Ice Cream alongside, garnish with celery leaves, and sprinkle lightly with sesame seeds.
- ☐ *A brown star-shaped seedpod; available in the spice section of some supermarkets and at specialty foods stores and Asian markets.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:36.29, Inflammation Score:-9, Nutrition Score:19.826086997986%

Flavonoids

Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 669.45kcal (33.47%), Fat: 36.12g (55.57%), Saturated Fat: 16.85g (105.29%), Carbohydrates: 69.43g (23.14%), Net Carbohydrates: 65.84g (23.94%), Sugar: 51.06g (56.74%), Cholesterol: 108.28mg (36.09%), Sodium: 113.93mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.53%), Vitamin C: 40.28mg (48.83%), Vitamin A: 1863.75IU (37.28%), Vitamin B12: 1.89µg (31.44%), Zinc: 4.44mg (29.58%), Selenium: 20.43µg (29.18%), Phosphorus: 281.15mg (28.11%), Vitamin B2: 0.41mg (24.14%), Vitamin B3: 4.73mg (23.63%), Copper: 0.45mg (22.42%), Calcium: 210.97mg (21.1%), Vitamin B6: 0.41mg (20.26%), Iron: 3.57mg (19.85%), Vitamin B1:

0.28mg (18.75%), Manganese: 0.33mg (16.71%), Potassium: 577.8mg (16.51%), Magnesium: 65.89mg (16.47%), Fiber: 3.6g (14.39%), Folate: 57.07µg (14.27%), Vitamin B5: 1.16mg (11.59%), Vitamin E: 0.94mg (6.29%), Vitamin D: 0.43µg (2.86%), Vitamin K: 2.46µg (2.34%)