



Port-Glazed Grape Tarts with Pecan Crust

 Vegetarian

READY IN



4500 min.

SERVINGS



12

CALORIES



571 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups grape jelly
- ☐ 1 teaspoon ground ginger
- ☐ 0.8 teaspoon juice of lemon fresh to taste
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 oz pecans lightly toasted
- ☐ 2 cups port wine

- ☐ 12.5 cups grapes red seedless
- ☐ 0.8 teaspoon salt
- ☐ 1 cup butter unsalted cold cut into tablespoon pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350°F.
- ☐ Pulse pecans with brown sugar in a food processor until finely ground (do not allow to become a paste).
- ☐ Add flour, butter, cinnamon, ginger, and salt and pulse until mixture begins to form large lumps. Divide mixture between tart pans and press evenly over bottom and up sides with floured fingers. Chill until firm, about 30 minutes.
- ☐ Bake tart shells in lower third of oven until golden brown, about 25 minutes.
- ☐ Transfer shells in pans to racks to cool completely. Carefully remove sides of pans, keeping shells on pan base.
- ☐ Simmer Port and jelly, stirring occasionally, until reduced to about 1 1/2 cups, about 30 minutes, then stir in lemon juice. Immediately toss grapes with 1 cup glaze in a large bowl until well coated, then mound in tart shells.
- ☐ Just before serving, drizzle tarts with more glaze and serve remainder on the side.
- ☐ • Tart shells can be made 2 days ahead and kept in pans, loosely covered, at room temperature.
- ☐ Remove sides of tart pans before filling. • Port glaze can be made 2 days ahead and chilled, covered. Reheat before proceeding. • Tarts can be assembled 4 hours ahead.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:39.82, Inflammation Score:-6, Nutrition Score:10.607391365196%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 570.67kcal (28.53%), Fat: 19.24g (29.6%), Saturated Fat: 10.14g (63.35%), Carbohydrates: 89.07g (29.69%), Net Carbohydrates: 86.05g (31.29%), Sugar: 57.27g (63.63%), Cholesterol: 40.67mg (13.56%), Sodium: 170.82mg (7.43%), Alcohol: 6.12g (100%), Alcohol %: 2.63% (100%), Protein: 4.15g (8.3%), Manganese: 0.62mg (31.13%), Vitamin K: 24.57µg (23.4%), Vitamin B1: 0.32mg (21.23%), Copper: 0.36mg (17.79%), Vitamin B2: 0.27mg (15.62%), Selenium: 8.85µg (12.64%), Potassium: 431.62mg (12.33%), Fiber: 3.01g (12.05%), Folate: 47.74µg (11.93%), Vitamin A: 579.75IU (11.59%), Iron: 2.07mg (11.52%), Vitamin C: 8.95mg (10.85%), Vitamin B3: 1.72mg (8.59%), Vitamin B6: 0.17mg (8.43%), Phosphorus: 84.04mg (8.4%), Magnesium: 28.29mg (7.07%), Vitamin E: 0.87mg (5.81%), Calcium: 47.98mg (4.8%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.27mg (2.67%), Vitamin D: 0.28µg (1.89%)