



Raspberry-Amaretto Cream Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons amaretto
- ☐ 2 tablespoons amaretto (almond-flavored liqueur)
- ☐ 2 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 2.5 cups raspberries fresh
- ☐ 2 tablespoons currant jelly red

- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 4 inch vanilla pod split
- ☐ 30 vanilla wafers

Equipment

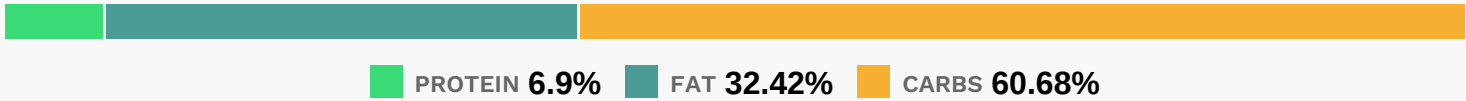
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crust, place cookies in a food processor, and process until finely ground.
- ☐ Add butter; pulse just until combined. Press crumb mixture into bottom and up sides of a 9-inch round removable bottom tart pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ To prepare cream, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour, sugar, and salt in a medium, heavy saucepan. Gradually add milk, stirring with a whisk. Scrape seeds from vanilla bean; add seeds and bean to milk mixture. Cook over medium heat until thick and bubbly (about 5 minutes), stirring constantly.
- ☐ Place egg in a large bowl. Gradually stir hot milk mixture into egg. Return milk mixture to pan. Cook 2 minutes or until thick and bubbly, stirring frequently.

- ☐ Remove from heat. Stir in 2 tablespoons liqueur. Spoon mixture into a small bowl.
- ☐ Place in a larger bowl filled with ice. Cool 20 minutes or until thoroughly chilled, stirring occasionally. Discard vanilla bean.
- ☐ Spread chilled cream into bottom of prepared crust
- ☐ To prepare the remaining ingredients, arrange raspberries over chilled cream. Cover and chill 2 hours or until set.
- ☐ Combine jelly and 1 1/2 teaspoons liqueur in a small microwave-safe bowl. Microwave at high 20 seconds or until jelly melts, stirring once.
- ☐ Brush over the raspberries.

Nutrition Facts



Properties

Glycemic Index:58.85, Glycemic Load:27.77, Inflammation Score:-4, Nutrition Score:8.2291305013325%

Flavonoids

Cyanidin: 22.89mg, Cyanidin: 22.89mg, Cyanidin: 22.89mg, Cyanidin: 22.89mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 329.62kcal (16.48%), Fat: 11.65g (17.93%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 45.15g (16.42%), Sugar: 25.96g (28.85%), Cholesterol: 46.05mg (15.35%), Sodium: 241.95mg (10.52%), Alcohol: 1.63g (100%), Alcohol %: 1.15% (100%), Protein: 5.58g (11.17%), Manganese: 0.4mg (19.85%), Vitamin C: 13.8mg (16.73%), Vitamin B2: 0.28mg (16.36%), Fiber: 3.93g (15.72%), Vitamin B1: 0.22mg (14.96%), Folate: 57.35µg (14.34%), Phosphorus: 108.14mg (10.81%), Selenium: 6.72µg (9.6%), Calcium: 91.61mg (9.16%), Vitamin B3: 1.56mg (7.81%), Vitamin B12: 0.39µg (6.58%), Potassium: 210.49mg (6.01%), Vitamin B5: 0.54mg (5.39%), Magnesium: 20.57mg (5.14%), Iron: 0.87mg (4.81%), Vitamin A: 238.3IU (4.77%), Zinc: 0.66mg (4.4%), Vitamin E: 0.66mg (4.4%), Vitamin K: 4.39µg (4.18%), Copper: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.43%), Vitamin

D: 0.17μg (1.11%)