



Raspberry Cream Tart

READY IN



45 min.

SERVINGS



10

CALORIES



422 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.8 cup almonds sliced
- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 0.5 cup butter chilled cut into small pieces
- ☐ 1 egg yolk
- ☐ 1 cup flour
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 8 ounces mascarpone cheese

- ☐ 0.8 cup powdered sugar
- ☐ 2 cups raspberries fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ In a food processor, pulse almonds and granulated sugar until finely ground, being careful to stop before they turn into nut butter.
- ☐ Add flour and salt and pulse to blend.
- ☐ Add butter and pulse until mixture resembles coarse cornmeal. With motor running, add egg, egg yolk, and almond extract and whirl until dough comes together.
- ☐ Press dough evenly into the bottom (not the sides) of a 10-in. tart pan with removable rim.
- ☐ Bake until golden brown, about 25 minutes.
- ☐ Let cool to room temperature, then remove rim.
- ☐ In a small frying pan, bring 1 in. of water to boil. Put chocolate in a small metal bowl. Set bowl directly in boiling water, turn off heat, and stir until melted. Stir in 2 tbsp. cream.
- ☐ Spread chocolate on crust and let cool to room temperature, about 10 minutes.
- ☐ Meanwhile, in a large bowl, beat remaining 1/2 cup cream to firm peaks. Beat in mascarpone, powdered sugar, and vanilla.
- ☐ Spread on chocolate-coated crust. Arrange raspberries on top.
- ☐ Serve tart immediately or cover with plastic wrap and chill up to overnight.

Nutrition Facts

 PROTEIN 5.27%  FAT 59.08%  CARBS 35.65%

Properties

Glycemic Index:23.11, Glycemic Load:14.29, Inflammation Score:-6, Nutrition Score:8.0569565710814%

Flavonoids

Cyanidin: 11.15mg, Cyanidin: 11.15mg, Cyanidin: 11.15mg, Cyanidin: 11.15mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 422.42kcal (21.12%), Fat: 27.98g (43.05%), Saturated Fat: 15.21g (95.04%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 34.56g (12.57%), Sugar: 23.5g (26.12%), Cholesterol: 70.42mg (23.47%), Sodium: 205.16mg (8.92%), Alcohol: 0.28g (100%), Alcohol %: 0.31% (100%), Caffeine: 7.31mg (2.44%), Protein: 5.62g (11.24%), Manganese: 0.52mg (26.02%), Vitamin E: 2.37mg (15.8%), Fiber: 3.44g (13.76%), Vitamin A: 683.45IU (13.67%), Copper: 0.22mg (11.03%), Magnesium: 42.25mg (10.56%), Vitamin B2: 0.18mg (10.42%), Selenium: 6.61µg (9.44%), Iron: 1.61mg (8.92%), Phosphorus: 87.29mg (8.73%), Folate: 34.04µg (8.51%), Vitamin B1: 0.13mg (8.47%), Vitamin C: 6.31mg (7.64%), Calcium: 70.84mg (7.08%), Vitamin B3: 1.21mg (6.07%), Zinc: 0.69mg (4.61%), Potassium: 157.54mg (4.5%), Vitamin K: 3.42µg (3.26%), Vitamin B5: 0.27mg (2.66%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.07µg (1.24%)