



Raspberry Crème Frache Tart with Lavender Honey

 Vegetarian

READY IN



4500 min.

SERVINGS



6

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 4 oz cream cheese softened
- ☐ 0.3 cup crème frache
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 3.5 tablespoons lavender honey
- ☐ 6 servings accompaniment: warm lavender honey
- ☐ 18 ounces raspberries

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 7 tablespoons butter unsalted cold cut into 1/2-inch cubes

Equipment

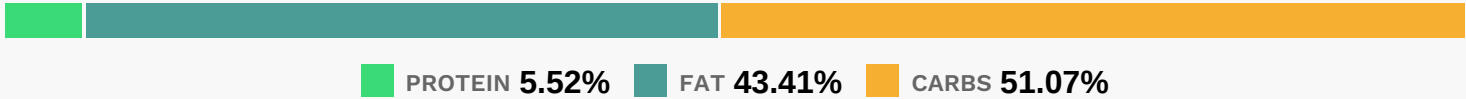
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Pulse together all crust ingredients in a food processor just until mixture resembles coarse crumbs. Put tart pan on a baking sheet and press dough evenly onto bottom and up side of tart pan with your fingertips. Chill shell, covered, on baking sheet until firm, about 30 minutes.
- ☐ Put oven rack in middle position and preheat oven to 350°F. Line shell with a buttered sheet of heavy-duty foil (buttered side down) and fill shell one third of the way up with pie weights.
- ☐ Bake (on sheet) until edge is pale golden, 20 to 25 minutes. Carefully remove pie weights and foil, then bake until edge and bottom are golden, about 20 minutes more. Cool completely in pan on a rack.
- ☐ Beat cream cheese in a bowl with a handheld electric mixer at high speed until smooth, then add crème fraîche and 1 1/2 tablespoons honey and beat until combined well.
- ☐ Spread filling evenly in shell, then top with raspberries.
- ☐ Heat remaining 2 tablespoons honey in a very small saucepan over moderately low heat, stirring constantly, until liquefied, then drizzle over raspberries.

- ☐
- Serve with additional melted honey on the side.
- ☐
- Tart shell can be made 1 day ahead and cooled completely, uncovered, then kept (in pan), wrapped in plastic wrap, at cool room temperature. · Filling can be made 1 day ahead and chilled, covered. Bring to cool room temperature before assembling tart, 1 hour.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:29.94, Inflammation Score:-6, Nutrition Score:11.69086953868%

Flavonoids

Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg, Cyanidin: 38.93mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 429.82kcal (21.49%), Fat: 21.38g (32.89%), Saturated Fat: 12.53g (78.28%), Carbohydrates: 56.58g (18.86%), Net Carbohydrates: 50.31g (18.29%), Sugar: 30.01g (33.35%), Cholesterol: 85.21mg (28.4%), Sodium: 270.17mg (11.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Manganese: 0.77mg (38.5%), Vitamin C: 22.38mg (27.13%), Fiber: 6.27g (25.08%), Selenium: 13.55µg (19.36%), Folate: 72.01µg (18%), Vitamin B1: 0.24mg (16.01%), Vitamin B2: 0.26mg (15.12%), Vitamin A: 735.06IU (14.7%), Iron: 2.06mg (11.43%), Vitamin B3: 2.1mg (10.5%), Phosphorus: 94.2mg (9.42%), Vitamin E: 1.38mg (9.23%), Vitamin K: 8.28µg (7.88%), Magnesium: 27.96mg (6.99%), Copper: 0.13mg (6.73%), Vitamin B5: 0.66mg (6.6%), Potassium: 206.97mg (5.91%), Calcium: 53.94mg (5.39%), Zinc: 0.81mg (5.38%), Vitamin B6: 0.09mg (4.4%), Vitamin D: 0.41µg (2.74%), Vitamin B12: 0.14µg (2.39%)