



Raspberry Crumble Tart

READY IN



300 min.

SERVINGS



10

CALORIES



424 kcal

DESSERT

Ingredients

- 2.5 cups flour all-purpose
- 5 tablespoons water
- 24 ounces raspberries fresh (6 cups)
- 0.5 teaspoon salt
- 0.8 cup sugar
- 0.8 cup butter unsalted cold cut into 1/2-inch cubes
- 0.3 cup shortening cold (preferably trans-fat-free)
- 3 ounces almonds whole chopped

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- blender
- plastic wrap
- aluminum foil
- rolling pin
- tart form

Directions

- Blend together flour, butter, shortening, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) just until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- Transfer 2 cups mixture to a bowl and drizzle 4 tablespoons ice water evenly over it (reserve remaining mixture). Stir gently with a fork until incorporated.
- Squeeze a small handful of dough: If it doesn't hold together, add more ice water 1/2 tablespoon at a time, stirring until incorporated. (Do not overwork dough, or pastry will be tough.)
- Turn out dough onto a work surface and divide into 4 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather all dough together with pastry scraper and press into a ball, then flatten into a 5-inch disk. If dough is sticky, dust lightly with additional flour. Wrap disk in plastic wrap and chill until firm, at least 1 hour.
- Add almonds and sugar to reserved dough mixture in a bowl and rub together until some large clumps form.
- Put a large baking sheet on oven rack in lower third of oven and preheat oven to 375°F.

Roll out disk of dough into a 14- by 13-inch rectangle on a lightly floured surface with a lightly floured rolling pin. Fit into tart pan and trim excess dough, leaving a 1/2-inch overhang, then fold overhang under pastry and press against rim of pan to reinforce edge. Fill shell with berries and sprinkle evenly with topping.

Bake tart in pan on baking sheet until topping and crust are golden and filling is bubbling, about 55 to 60 minutes (loosely cover with a sheet of foil after 30 minutes to prevent overbrowning). Cool in pan on a rack 20 minutes, then remove side of pan and cool tart completely, about 45 minutes.

Nutrition Facts

PROTEIN 5.51% **FAT 49.64%** **CARBS 44.85%**

Properties

Glycemic Index:18.11, Glycemic Load:28.76, Inflammation Score:-6, Nutrition Score:12.376087011203%

Flavonoids

Cyanidin: 31.35mg, Cyanidin: 31.35mg, Cyanidin: 31.35mg, Cyanidin: 31.35mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.67mg, Pelargonidin: 0.67mg, Pelargonidin: 0.67mg, Pelargonidin: 0.67mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 423.5kcal (21.17%), Fat: 23.97g (36.88%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 42.4g (15.42%), Sugar: 18.44g (20.49%), Cholesterol: 36.6mg (12.2%), Sodium: 120.27mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Manganese: 0.86mg (43.25%), Fiber: 6.33g (25.32%), Vitamin E: 3.5mg (23.31%), Vitamin C: 17.83mg (21.61%), Vitamin B1: 0.29mg (19.09%), Folate: 75.73µg (18.93%), Vitamin B2: 0.29mg (16.81%), Selenium: 11.34µg (16.2%), Vitamin B3: 2.57mg (12.83%), Iron: 2.25mg (12.5%), Magnesium: 45.23mg (11.31%), Copper: 0.2mg (9.94%), Phosphorus: 98.48mg (9.85%), Vitamin A: 447.99IU (8.96%), Vitamin K: 9.32µg (8.88%), Potassium: 202.93mg (5.8%), Zinc: 0.79mg (5.25%), Calcium: 49.16mg (4.92%), Vitamin B5: 0.45mg (4.54%), Vitamin B6: 0.06mg (3.17%), Vitamin D: 0.26µg (1.7%)