



Raspberry Crumble Tart

READY IN



300 min.

SERVINGS



10

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 5 tablespoons ice 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 vegetable shortening cold (preferably trans-fat-free)
- ☐ 3 ounces almonds whole chopped

Equipment

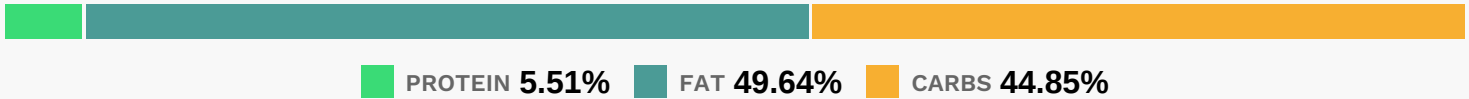
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

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



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: Og (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%)