

Raspberry Custard Tart

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



116 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 3 tablespoons butter reduced-fat
- 1 egg yolk beaten
- 2.3 cups skim milk fat-free
- 0.3 cup flour all-purpose
- 12 ounces fruit seedless
- 0.3 cup pecans toasted finely chopped
- 1.5 cups raspberries fresh

0.3 cup sugar

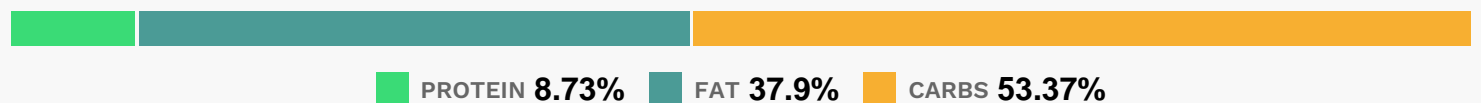
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- tart form

Directions

- In a small bowl, beat butter and sugar for 2 minutes or until crumbly. Beat in flour and nuts. Coat a 9-in. fluted tart pan with removable bottom with cooking spray. Press crumb mixture onto the bottom and up the sides of pan.
- Bake at 425° for 8-10 minutes or until lightly browned. Cool on a wire rack.
- In a small saucepan, combine sugar and flour. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer.
- Remove from the heat. Stir a small amount of hot filling into egg yolk; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer.
- Remove from the heat; gently stir in extract.
- Pour over crust. Refrigerate until set.
- In a small bowl, whisk fruit spread until smooth; spread over filling.
- Garnish with raspberries.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:6.28, Inflammation Score:-3, Nutrition Score:4.3186956540398%

Flavonoids

Cyanidin: 7.11mg, Cyanidin: 7.11mg, Cyanidin: 7.11mg, Cyanidin: 7.11mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 116.3kcal (5.82%), Fat: 5.08g (7.81%), Saturated Fat: 2.11g (13.22%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.37g (5.23%), Sugar: 11.83g (13.15%), Cholesterol: 25.1mg (8.37%), Sodium: 43.74mg (1.9%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 2.63g (5.26%), Manganese: 0.23mg (11.54%), Phosphorus: 72.7mg (7.27%), Calcium: 70.62mg (7.06%), Fiber: 1.72g (6.87%), Vitamin A: 294.64IU (5.89%), Vitamin B2: 0.1mg (5.81%), Vitamin C: 4.58mg (5.55%), Vitamin B12: 0.3µg (5.03%), Vitamin B1: 0.07mg (4.81%), Selenium: 2.83µg (4.04%), Potassium: 139.4mg (3.98%), Vitamin D: 0.59µg (3.91%), Magnesium: 13.71mg (3.43%), Copper: 0.07mg (3.41%), Folate: 12.2µg (3.05%), Vitamin B5: 0.3mg (3.05%), Zinc: 0.45mg (3.03%), Vitamin K: 2.82µg (2.68%), Vitamin B6: 0.05mg (2.54%), Iron: 0.41mg (2.3%), Vitamin B3: 0.44mg (2.19%), Vitamin E: 0.28mg (1.89%)