



## Raspberry-Rhubarb Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

DESSERT

### Ingredients

- 2 cups flour all-purpose plus more for the work surface
- 1 cup granulated sugar
- 0.3 teaspoon kosher salt
- 12 ounces raspberries fresh
- 0.8 pound rhubarb fresh trimmed cut into 1-inch pieces
- 14 tablespoons butter unsalted chilled cut into small pieces

### Equipment

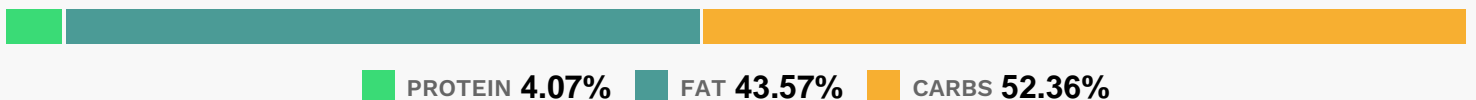
- food processor

- bowl
- frying pan
- oven

## Directions

- Heat oven to 400 F. In a food processor, combine the flour, salt, and 1 tablespoon of the sugar.
- Add the butter and pulse until the mixture resembles coarse meal.
- Add cold water, 1 tablespoon at a time, and pulse until the dough comes together but is still slightly crumbly (you should use 3 to 4 tablespoons total). Turn the dough onto a lightly floured surface and knead gently. Shape the dough into a disk, wrap it in plastic, and refrigerate for 20 minutes. Meanwhile, in a large bowl, combine the rhubarb, raspberries, and 1 cup of the remaining sugar; set aside. On a lightly floured surface, roll the dough into a 14-inch circle.
- Place it in a large cast-iron skillet, allowing the dough to hang over the edge. Top with the rhubarb mixture. Fold the edge of the dough over the fruit (to create pleats). Lightly brush the top of the dough with water and sprinkle with the remaining sugar.
- Bake until golden brown, 50 to 55 minutes.
- Let cool for 5 to 10 minutes. Slice into wedges and serve with the whipped cream or ice cream (if using).

## Nutrition Facts



## Properties

Glycemic Index: 30.68, Glycemic Load: 47.27, Inflammation Score: -7, Nutrition Score: 13.156521763491%

## Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg  
 Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg  
 Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg  
 Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg  
 Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg  
 Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg  
 Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg  
 Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg  
 Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg  
 Epicatechin 3-gallate:

0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg  
Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg,  
Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:  
0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## **Nutrients (% of daily need)**

Calories: 555.61kcal (27.78%), Fat: 27.49g (42.3%), Saturated Fat: 16.89g (105.54%), Carbohydrates: 74.34g  
(24.78%), Net Carbohydrates: 68.51g (24.91%), Sugar: 36.53g (40.59%), Cholesterol: 70.23mg (23.41%), Sodium:  
104.49mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Manganese: 0.78mg (38.9%),  
Vitamin B1: 0.36mg (23.88%), Vitamin C: 19.39mg (23.5%), Fiber: 5.83g (23.32%), Folate: 93.11µg (23.28%), Vitamin  
K: 23.45µg (22.33%), Selenium: 15.39µg (21.98%), Vitamin A: 892.88IU (17.86%), Vitamin B2: 0.26mg (15.4%),  
Vitamin B3: 2.98mg (14.91%), Iron: 2.47mg (13.74%), Vitamin E: 1.43mg (9.53%), Potassium: 302.02mg (8.63%),  
Calcium: 77.42mg (7.74%), Phosphorus: 77.22mg (7.72%), Magnesium: 29.1mg (7.28%), Copper: 0.13mg (6.53%),  
Vitamin B5: 0.45mg (4.53%), Zinc: 0.62mg (4.13%), Vitamin D: 0.49µg (3.27%), Vitamin B6: 0.06mg (3.21%)