



Raspberry Tart

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2 tablespoons cornstarch
- ☐ 1 large egg yolk lightly beaten
- ☐ 4.5 ounces flour all-purpose
- ☐ 3 tablespoons ice water
- ☐ 1 cup milk 1% low-fat
- ☐ 18 ounce raspberries fresh
- ☐ 3 tablespoons currant jelly red
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable shortening chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ microwave
- ☐ measuring cup
- ☐ tart form
- ☐ pastry brush

Directions

- ☐ Preheat oven to 37
- ☐ To prepare pastry, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 2 tablespoons sugar, and 1/4 teaspoon salt in a bowl.
- ☐ Cut in butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball).

- ☐ Gently press mixture into a 4-inch circle on plastic wrap, and cover. Chill 10 minutes. Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
- ☐ Remove top sheets of plastic wrap; fit dough, plastic wrap side up, into a 9-inch round removable-bottom tart pan. Press dough against bottom and sides of pan.
- ☐ Remove remaining plastic wrap. Pierce bottom and sides of dough with a fork; bake at 375 for 20 minutes. Cool on a wire rack.
- ☐ To prepare pastry cream, combine 1/2 cup sugar, cornstarch, and 1/8 teaspoon salt in a small saucepan over medium heat. Gradually add milk, stirring with a whisk. Stir in egg yolk; bring to a boil, stirring constantly. Cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in vanilla.
- ☐ Scrape into a bowl. Press plastic wrap onto surface of pastry cream.
- ☐ Place bowl in a large ice-filled bowl. Cool completely, stirring occasionally.
- ☐ Spoon pastry cream into crust; spread evenly. Top with raspberries, starting from the center.
- ☐ Place jelly in a small bowl; microwave at high for 10 seconds at a time, stirring well, until jelly is warmed through and thinned. Apply jelly in an even layer over tart using a pastry brush. Chill tart 15 minutes or until jelly sets; cover loosely with plastic wrap, and chill at least 45 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.27, Glycemic Load:23.32, Inflammation Score:-4, Nutrition Score:8.2108695299729%

Flavonoids

Cyanidin: 29.19mg, Cyanidin: 29.19mg, Cyanidin: 29.19mg, Cyanidin: 29.19mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg

Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg
Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epigallocatechin 3–gallate:
0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate:
0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.67mg,
Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 252.99kcal (12.65%), Fat: 7.51g (11.55%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 43.83g (14.61%), Net
Carbohydrates: 39.15g (14.24%), Sugar: 23.48g (26.09%), Cholesterol: 31.95mg (10.65%), Sodium: 148.16mg
(6.44%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 3.81g (7.62%), Manganese: 0.54mg (27.19%),
Vitamin C: 17.37mg (21.06%), Fiber: 4.68g (18.71%), Folate: 47.2µg (11.8%), Vitamin B1: 0.17mg (11.21%), Selenium:
7.68µg (10.97%), Vitamin B2: 0.17mg (9.74%), Phosphorus: 76.93mg (7.69%), Iron: 1.3mg (7.2%), Vitamin B3: 1.36mg
(6.81%), Vitamin K: 7.01µg (6.68%), Calcium: 61.08mg (6.11%), Vitamin E: 0.91mg (6.08%), Magnesium: 21.71mg
(5.43%), Potassium: 169.98mg (4.86%), Vitamin B5: 0.48mg (4.77%), Copper: 0.09mg (4.65%), Vitamin A: 196.98IU
(3.94%), Vitamin B12: 0.23µg (3.79%), Zinc: 0.57mg (3.78%), Vitamin B6: 0.07mg (3.45%), Vitamin D: 0.44µg
(2.93%)