



Raspberry Tart

 Vegetarian

READY IN



130 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 2 tablespoons powdered sugar
- 1 cup flour all-purpose
- 4 cups raspberries fresh
- 8 ounce raspberry jam

Equipment

- bowl
- oven

microwave

tart form

Directions

In a medium bowl, blend together the flour, butter and sugar. Chill mixture for 1 hour.

Preheat oven to 375 degrees F (190 degrees C).

Pat chilled mixture into a 9 inch tart pan.

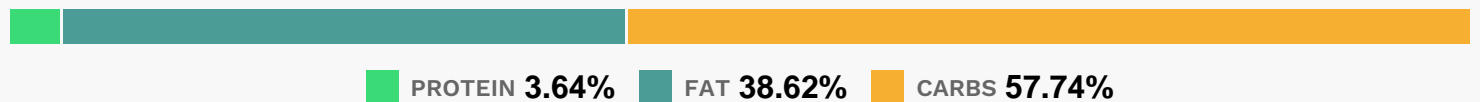
Bake in preheated oven for 10 minutes. Once out of the oven, allow to cool.

Arrange raspberries in crust.

Heat jar of jam in microwave until it begins to boil.

Pour jam over fruit. Cover and refrigerate tart for about 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:20.04, Inflammation Score:-5, Nutrition Score:7.1747826558092%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 276.39kcal (13.82%), Fat: 12.07g (18.57%), Saturated Fat: 7.33g (45.82%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 35.97g (13.08%), Sugar: 18.41g (20.45%), Cholesterol: 30.5mg (10.17%), Sodium: 101.25mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Manganese: 0.52mg (26%), Vitamin C: 18.21mg (22.08%), Fiber: 4.63g (18.53%), Folate: 44.74µg (11.18%), Vitamin B1: 0.15mg (9.81%), Selenium: 6.14µg

(8.77%), Vitamin A: 374.35IU (7.49%), Vitamin B2: 0.13mg (7.46%), Iron: 1.28mg (7.12%), Vitamin B3: 1.3mg (6.49%), Vitamin E: 0.89mg (5.96%), Vitamin K: 5.72µg (5.45%), Copper: 0.1mg (5.25%), Magnesium: 18.06mg (4.51%), Phosphorus: 43.07mg (4.31%), Potassium: 132.59mg (3.79%), Vitamin B5: 0.29mg (2.87%), Calcium: 26.44mg (2.64%), Zinc: 0.39mg (2.61%), Vitamin B6: 0.05mg (2.3%)