



Red-Gold Raspberry White Chocolate Tart

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



599 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon almonds
- ☐ 0.5 teaspoon almond extract
- ☐ 2 cups blanched almonds and
- ☐ 0.1 lb butter melted
- ☐ 2 tablespoons juice of lemon
- ☐ 2 cups golden kiwi red rinsed drained (or use raspberries)
- ☐ 2.3 cups raspberries red rinsed drained
- ☐ 0.5 cup raspberry jam seedless

- ☐ 0.3 cup sugar
- ☐ 0.7 cup whipping cream
- ☐ 8 ounces chocolate white chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ tart form

Directions

- ☐ In a blender or food processor, whirl almonds with 2 tablespoons sugar until finely ground; if using a blender, whirl half of the mixture at a time.
- ☐ Pour nut mixture into a 9-inch tart pan with a removable rim.
- ☐ Add butter and rub with fingers until mixture forms fine crumbs. Press nut mixture evenly over bottom and up side of pan until flush with rim.
- ☐ Bake crust in a 325 oven until dark gold, about 20 minutes.
- ☐ Spread crust bottom with jam. Cool on a rack.
- ☐ In a 1- to 2-quart pan over medium heat, stir cream and chocolate until smoothly melted, about 2 minutes. Stir in lemon juice and almond extract. Evenly spoon into crust.
- ☐ Chill tart until filling is firm to touch, 1 to 1 1/4 hours.
- ☐ Arrange red raspberries in a single layer on filling.
- ☐ In a blender or food processor, whirl golden raspberries, remaining 2 tablespoons sugar, and liqueur until smoothly pureed. Press mixture through a fine strainer into a bowl; discard seeds. Evenly spread golden raspberry sauce in center of dessert plates.
- ☐ Remove pan rim.
- ☐ Cut tart into wedges and place a wedge in sauce on each plate.

Nutrition Facts

 **PROTEIN 6.63%**  **FAT 56.91%**  **CARBS 36.46%**

Properties

Glycemic Index:35.47, Glycemic Load:27.91, Inflammation Score:-8, Nutrition Score:19.569565130317%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 599.35kcal (29.97%), Fat: 39.53g (60.81%), Saturated Fat: 12.56g (78.47%), Carbohydrates: 56.97g (18.99%), Net Carbohydrates: 49.45g (17.98%), Sugar: 42.29g (46.98%), Cholesterol: 28.37mg (9.46%), Sodium: 113.87mg (4.95%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 10.37g (20.74%), Vitamin C: 56.62mg (68.63%), Vitamin E: 9.51mg (63.4%), Manganese: 0.9mg (44.92%), Fiber: 7.52g (30.08%), Vitamin K: 29.68µg (28.27%), Magnesium: 110.12mg (27.53%), Phosphorus: 253.6mg (25.36%), Copper: 0.49mg (24.26%), Vitamin B2: 0.4mg (23.65%), Calcium: 182.45mg (18.24%), Potassium: 506.79mg (14.48%), Vitamin A: 618.59IU (12.37%), Folate: 44.26µg (11.07%), Zinc: 1.46mg (9.76%), Iron: 1.64mg (9.14%), Vitamin B3: 1.8mg (8.99%), Vitamin B1: 0.12mg (7.73%), Vitamin B6: 0.12mg (6.09%), Vitamin B5: 0.56mg (5.61%), Selenium: 3.57µg (5.11%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.32µg (2.12%)