



Rhubarb and Raspberry Crostata

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs beaten
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 ounce raspberries fresh
- ☐ 10 servings sugar raw
- ☐ 0.3 cup sugar
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup butter unsalted chilled cubed ()

- ☐ 10 servings garnish: whipped cream sweetened (for serving)
- ☐ 1 tablespoon milk whole
- ☐ 0.5 cup flour whole wheat

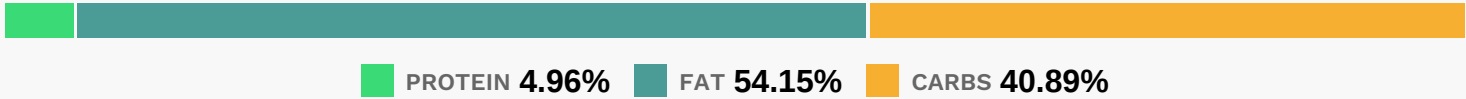
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine both flours, sugar, and salt in a processor; blend for 5 seconds.
- ☐ Add butter; pulse until butter is reduced to pea-size pieces.
- ☐ Whisk egg and milk in a small bowl to blend; add to processor and pulse until moist clumps form. Gather dough into a ball; flatten into a disk. Wrap in plastic wrap; chill at least 1 1/2 hours. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- ☐ Dissolve cornstarch in 3 tablespoons water in a small bowl; set aside.
- ☐ Combine rhubarb, raspberries, and sugar in a large heavy saucepan. Cook over medium heat, stirring often, until sugar dissolves and juices are released, about 4 minutes. Stir in cornstarch mixture and bring to a boil (rhubarb will not be tender and slices will still be intact).
- ☐ Transfer to a bowl. Chill until cool, about 30 minutes.
- ☐ Preheat oven to 400°F
- ☐ Roll out dough on floured parchment paper to 12" round; brush with beaten egg. Mound filling in center of crust; gently spread out, leaving 1 1/2" border. Gently fold edges of dough over filling, pleating as needed.
- ☐ Brush border with egg; sprinkle with raw sugar. Slide parchment with crostata onto a large rimmed baking sheet and bake until crust is golden brown and filling is bubbly, about 45 minutes.
- ☐ Let crostata cool on baking sheet on a rack.
- ☐ Transfer crostata to a platter, cut into wedges, and serve with whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:5.8239130611005%

Flavonoids

Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 262.13kcal (13.11%), Fat: 16.07g (24.73%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 27.31g (9.1%), Net Carbohydrates: 25.19g (9.16%), Sugar: 9.04g (10.04%), Cholesterol: 59.94mg (19.98%), Sodium: 127.22mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.45mg (22.41%), Selenium: 9.93µg (14.18%), Vitamin A: 502.14IU (10.04%), Vitamin B1: 0.14mg (9.31%), Fiber: 2.11g (8.46%), Folate: 32.13µg (8.03%), Vitamin B2: 0.11mg (6.71%), Phosphorus: 61.12mg (6.11%), Vitamin B3: 1.15mg (5.77%), Iron: 1.03mg (5.72%), Vitamin C: 4.46mg (5.4%), Vitamin E: 0.68mg (4.56%), Magnesium: 16.61mg (4.15%), Copper: 0.07mg (3.35%), Zinc: 0.43mg (2.84%), Vitamin K: 2.8µg (2.67%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.4µg (2.64%), Vitamin B6: 0.05mg (2.58%), Potassium: 83.44mg (2.38%), Calcium: 23.28mg (2.33%), Vitamin B12: 0.1µg (1.65%)