



## Rhubarb Cream Tart

READY IN



210 min.

SERVINGS



1

CALORIES



3282 kcal

DESSERT

### Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup butter cut into small pieces
- 2 eggs
- 1.5 cups flour all-purpose
- 2 tablespoons flour all-purpose
- 0.8 cup granulated sugar
- 0.5 cup half and half
- 0.3 cup hazelnuts finely chopped
- 2 cups rhubarb

0.3 teaspoon salt

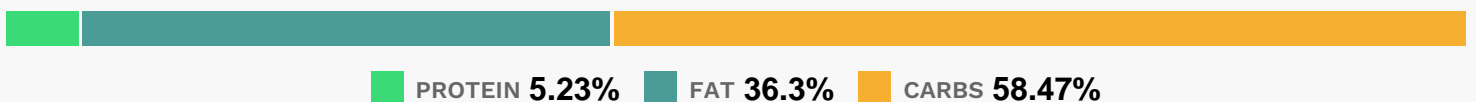
## Equipment

- bowl
- frying pan
- oven
- knife
- blender
- hand mixer
- spatula

## Directions

- Heat oven to 350F. Butter spingform pan, 9x3 inches, or 9-inch square pan.
- Mix 1 1/2 cups flour and the brown sugar in medium bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until crumbly. Reserve 1/2 cup mixture for topping. Press remaining mixture on bottom and 1 1/2 inches up side of pan.
- Bake 15 minutes or until golden brown and set.
- Beat eggs with electric mixer on high speed 1 minute until lemon colored. Beat in sugar, 2 tablespoons flour, the salt and half-and-half.
- Sprinkle rhubarb over warm crust.
- Pour egg mixture over rhubarb.
- Add hazelnuts to reserved crumbly mixture; sprinkle over top.
- Bake 40 to 45 minutes or until set and knife inserted in center comes out clean. Cool at least 2 hours before serving. Run metal spatula along side of tart to loosen; remove side of pan. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:248.09, Glycemic Load:217.7, Inflammation Score:-10, Nutrition Score:59.012608403745%

## Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

## Nutrients (% of daily need)

Calories: 3281.65kcal (164.08%), Fat: 134.84g (207.45%), Saturated Fat: 32g (199.98%), Carbohydrates: 488.74g (162.91%), Net Carbohydrates: 475.97g (173.08%), Sugar: 319.61g (355.12%), Cholesterol: 369.71mg (123.24%), Sodium: 1911.95mg (83.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.71g (87.42%), Manganese: 3.85mg (192.54%), Selenium: 105.82µg (151.17%), Vitamin B1: 1.91mg (127.61%), Folate: 469.33µg (117.33%), Vitamin B2: 1.81mg (106.76%), Vitamin A: 5218.31IU (104.37%), Iron: 14.19mg (78.86%), Vitamin K: 78.2µg (74.47%), Vitamin B3: 13.63mg (68.17%), Vitamin E: 10.03mg (66.84%), Phosphorus: 661.76mg (66.18%), Calcium: 626.03mg (62.6%), Copper: 1.02mg (51.08%), Fiber: 12.77g (51.08%), Potassium: 1674.79mg (47.85%), Magnesium: 163.66mg (40.92%), Vitamin B5: 3.38mg (33.82%), Vitamin B6: 0.6mg (30.23%), Vitamin C: 22.73mg (27.55%), Zinc: 4.07mg (27.13%), Vitamin B12: 1.13µg (18.78%), Vitamin D: 1.76µg (11.73%)