



Rhubarb Cream Tart

 Dairy Free

READY IN



210 min.

SERVINGS



5

CALORIES



625 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter cut into small pieces
- ☐ 2 eggs
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 cups rhubarb

- ☐ 0.3 cup hazelnuts finely chopped
- ☐ 0.5 cup frangelico

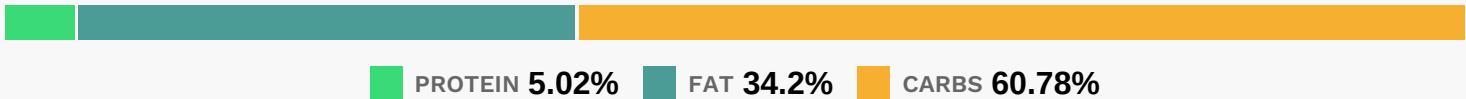
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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:49.62, Glycemic Load:43.54, Inflammation Score:-7, Nutrition Score:12.816521758619%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 624.63kcal (31.23%), Fat: 24.19g (37.21%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 96.71g (32.24%), Net Carbohydrates: 94.15g (34.24%), Sugar: 62.92g (69.91%), Cholesterol: 65.47mg (21.82%), Sodium: 367.63mg (15.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Manganese: 0.77mg (38.5%), Selenium: 20.39µg (29.13%), Vitamin B1: 0.38mg (25.04%), Folate: 93.14µg (23.28%), Vitamin A: 957.99IU (19.16%), Vitamin B2: 0.32mg (18.59%), Iron: 2.83mg (15.7%), Vitamin K: 15.32µg (14.59%), Vitamin B3: 2.7mg (13.5%), Vitamin E: 1.94mg (12.96%), Phosphorus: 109.36mg (10.94%), Fiber: 2.55g (10.22%), Copper: 0.2mg (10.11%), Calcium: 99.31mg (9.93%), Potassium: 303.02mg (8.66%), Magnesium: 30.31mg (7.58%), Vitamin B5: 0.61mg (6.06%), Vitamin B6: 0.11mg (5.44%), Vitamin C: 4.33mg (5.25%), Zinc: 0.72mg (4.8%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.35µg (2.35%)