



Rhubarb custard tart

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 10 servings roasted rhubarb see 'goes with' well
- ☐ 375 g pack dessert pastry
- ☐ 142 ml carton double cream
- ☐ 150 ml milk
- ☐ 1 vanilla pod split
- ☐ 85 g caster sugar
- ☐ 3 eggs

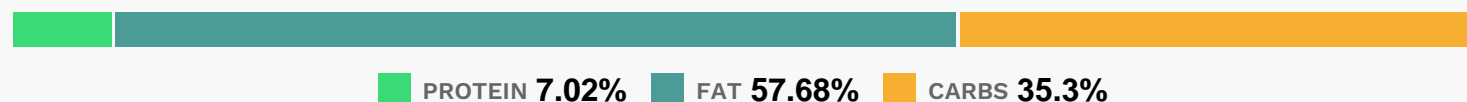
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Prepare the Roasted rhubarb and leave to cool. Turn oven to 190C/fan 170C/gas
- ☐ Roll the pastry out on a lightly floured surface to the thickness of a 1 coin and use it to line a 25cm flan dish, leaving some pastry hanging over the edge. Prick the base of the pastry lightly with a fork, then line with greaseproof paper. Tip some baking or dried beans into the pastry case, put it on a baking sheet and bake for 20 mins until the pastry edges become biscuity.
- ☐ Remove the beans and cook the pastry for a further 5 mins until brown; you want to cook it a little more than you would normally.
- ☐ Remove the pastry case from the oven and reduce the temperature to 160C/fan 140C/gas
- ☐ While the pastry is baking, make the custard.
- ☐ Put the cream, milk and vanilla in a pan, bring to the boil, then take off the heat. Beat the sugar and eggs to combine, then pour in the hot liquid while whisking continuously. Strain the custard mixture into a jug.
- ☐ Scatter the rhubarb over the bottom of the pastry case, put the case in the oven and carefully pour in the custard.
- ☐ Bake the tart for 30–35 mins until the custard is just set. Leave it to cool in the dish, then trim off the excess pastry with a knife before serving.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:15.58, Inflammation Score:-4, Nutrition Score:8.1065217412036%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg

Nutrients (% of daily need)

Calories: 330.06kcal (16.5%), Fat: 21.42g (32.95%), Saturated Fat: 7.63g (47.72%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.84g (10.12%), Sugar: 10.64g (11.82%), Cholesterol: 67.1mg (22.37%), Sodium: 124.38mg (5.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.73%), Vitamin K: 24.45µg (23.29%), Selenium: 14.57µg (20.82%), Manganese: 0.31mg (15.37%), Vitamin B2: 0.23mg (13.8%), Vitamin B1: 0.18mg (11.88%), Folate: 40.3µg (10.07%), Calcium: 92.14mg (9.21%), Vitamin B3: 1.78mg (8.91%), Phosphorus: 81.09mg (8.11%), Iron: 1.34mg (7.47%), Vitamin A: 368.92IU (7.38%), Potassium: 253.72mg (7.25%), Fiber: 1.66g (6.64%), Vitamin C: 4.97mg (6.02%), Magnesium: 17.76mg (4.44%), Vitamin D: 0.66µg (4.42%), Vitamin E: 0.64mg (4.3%), Vitamin B12: 0.22µg (3.73%), Zinc: 0.53mg (3.52%), Vitamin B5: 0.35mg (3.48%), Copper: 0.07mg (3.37%), Vitamin B6: 0.06mg (2.97%)