



Rhubarb Tart with Orange Glaze



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup orange juice fresh
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1 sheet puff pastry frozen thawed (from a)
- ☐ 0.8 pound rhubarb stalks thinly sliced ()
- ☐ 0.5 cup sugar
- ☐ 8 servings accompaniment: vanilla ice cream

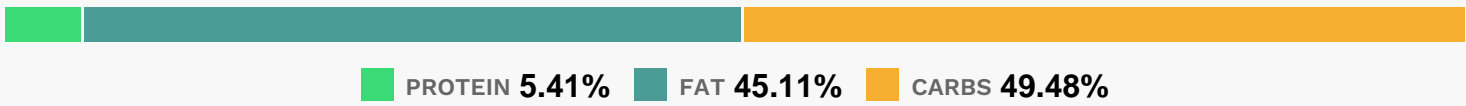
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ rolling pin

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Stir together orange juice, lime juice, and sugar in a bowl.
- ☐ Add rhubarb and let stand, stirring occasionally, 10 minutes.
- ☐ Meanwhile, cut pastry in half lengthwise, then roll out each piece into an 11-by 7-inch rectangle on a lightly floured surface with a floured rolling pin. Arrange pastry rectangles side by side on an ungreased large baking sheet.
- ☐ Make a 1/2-inch border around each pastry rectangle by lightly scoring a line parallel to each edge (do not cut all the way through). Prick pastry inside border all over with a fork.
- ☐ Strain rhubarb mixture through a sieve set over a bowl, reserving liquid. Top 1 pastry rectangle (within border) with half of rhubarb, overlapping slices slightly. Repeat with remaining pastry and rhubarb.
- ☐ Bake until pastry is puffed and golden (underside of pastry should also be golden), about 30 minutes.
- ☐ Meanwhile, boil reserved rhubarb liquid in a small saucepan, skimming foam if necessary, until reduced to about 1/4 cup, 15 to 18 minutes.
- ☐ Transfer tarts to a rack.
- ☐ Brush rhubarb and pastry with glaze and sprinkle with zest.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:27.22, Inflammation Score:-4, Nutrition Score:8.5056522255358%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3–gallate: 0.26mg, Epicatechin 3–gallate: 0.26mg, Epicatechin 3–gallate: 0.26mg, Epicatechin 3–gallate: 0.26mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 376.96kcal (18.85%), Fat: 19.12g (29.41%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 45.41g (16.51%), Sugar: 29.8g (33.11%), Cholesterol: 29.04mg (9.68%), Sodium: 131.23mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.31%), Vitamin C: 20.03mg (24.28%), Vitamin K: 17.63µg (16.79%), Vitamin B2: 0.27mg (15.88%), Selenium: 9.18µg (13.11%), Calcium: 128.11mg (12.81%), Vitamin B1: 0.19mg (12.4%), Manganese: 0.24mg (12.16%), Phosphorus: 99.19mg (9.92%), Folate: 39.69µg (9.92%), Potassium: 337.2mg (9.63%), Vitamin B3: 1.61mg (8.04%), Vitamin A: 385IU (7.7%), Fiber: 1.77g (7.08%), Magnesium: 22.83mg (5.71%), Iron: 1.01mg (5.6%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.68mg (4.53%), Vitamin B12: 0.26µg (4.29%), Copper: 0.07mg (3.71%), Vitamin E: 0.5mg (3.3%), Vitamin B6: 0.06mg (3.08%)