



## Roasted Rhubarb Tarts with Strawberry Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



460 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup confectioners sugar
- ☐ 0.8 cup crème fraîche sour
- ☐ 1 sheet puff pastry frozen thawed (from a)
- ☐ 1 lb rhubarb stalks trimmed
- ☐ 10 ounces strawberries in heavy syrup frozen thawed

### Equipment

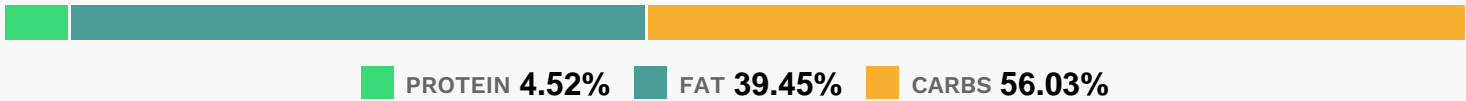
- ☐ food processor
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ rolling pin

## Directions

- ☐ Preheat oven to 425°F.
- ☐ Unfold puff pastry sheet and gently roll out with a floured rolling pin on a very lightly floured surface into a 12-inch square. Trim edges with a sharp knife, then cut pastry into 6 rectangles (about 6 by 4 inches each). Arrange rectangles 1 to 2 inches apart on an ungreased baking sheet and prick them all over with a fork.
- ☐ Bake in middle of oven until pastry is puffed and golden, 13 to 15 minutes. Cool pastry on baking sheet on a rack.
- ☐ Reduce oven temperature to 375°F.
- ☐ Arrange rhubarb in 1 layer in a lightly oiled shallow 15- by 10-inch baking pan (preferably nonstick) and sift 2 tablespoons confectioners sugar evenly over it. Roast in middle of oven until tender, 15 to 25 minutes, then cool in pan on a rack.
- ☐ Make strawberry sauce and cream filling while rhubarb is roasting: Purée strawberries with syrup in a food processor, then force purée through a very fine sieve into a bowl.
- ☐ Sift 5 tablespoons confectioners sugar over crème fraîche and whisk to combine.
- ☐ Sift remaining tablespoon confectioners sugar over pastry rectangles. Make a 3-inch lengthwise trough in the center of each rectangle by gently tapping with back of a teaspoon. Divide cream filling among troughs and top with rhubarb, then drizzle with strawberry sauce.
- ☐ Strawberry sauce and cream filling can be made 1 day ahead and chilled separately, covered.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:10.24, Inflammation Score:-3, Nutrition Score:7.7365217001542%

Flavonoids

Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg, Epicatechin 3-gallate: 0.45mg

Nutrients (% of daily need)

Calories: 460.49kcal (23.02%), Fat: 21.29g (32.75%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 68.03g (22.68%), Net Carbohydrates: 66.06g (24.02%), Sugar: 40.02g (44.46%), Cholesterol: 16.96mg (5.65%), Sodium: 147.36mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin K: 29.16µg (27.77%), Manganese: 0.35mg (17.55%), Selenium: 11.84µg (16.91%), Calcium: 129.74mg (12.97%), Vitamin B1: 0.18mg (12.23%), Vitamin B2: 0.19mg (11.08%), Vitamin B3: 1.96mg (9.78%), Folate: 38.87µg (9.72%), Potassium: 278.77mg (7.96%), Fiber: 1.97g (7.89%), Vitamin C: 6.31mg (7.64%), Iron: 1.24mg (6.88%), Phosphorus: 56.93mg (5.69%), Vitamin A: 256.63IU (5.13%), Magnesium: 18.48mg (4.62%), Vitamin E: 0.53mg (3.56%), Copper: 0.07mg (3.42%), Zinc: 0.39mg (2.59%), Vitamin B6: 0.04mg (1.93%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.06µg (1.01%)