



Rustic Berry Crostata

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh (1 pint)
- ☐ 4 tablespoons butter cut into 8 pieces
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 3 tablespoons rum (or water)
- ☐ 1 tablespoons milk
- ☐ 1 cup raspberries fresh ()
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar plus more for sprinkling on top (1 to 2 tablespoons)
- ☐ 3 tablespoons sugar
- ☐ 1 cup butter unsalted cold cut into pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap

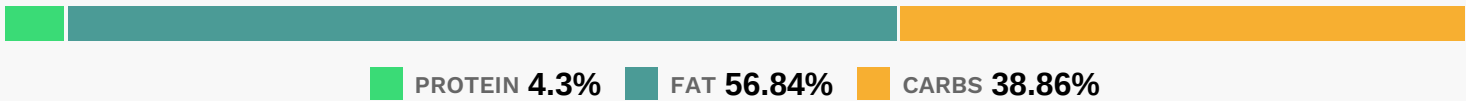
Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Mix in 1 cup cold butter with a pastry blender or two forks until mixture resembles coarse meal.
- ☐ Whisk together egg yolk and 3 tablespoons milk; pour into flour mixture, stirring just until dough starts to form a ball. Press together with lightly floured hands, and form into a flat round. Cover with plastic wrap; place in refrigerator at least 1 hour or overnight.
- ☐ Preheat oven to 37
- ☐ Combine blueberries, raspberries, 1/3 cup sugar, and next 4 ingredients in a large bowl.
- ☐ Remove dough from refrigerator; divide evenly into 8 pieces.
- ☐ Roll each piece on a lightly floured surface into about 6-inch rounds; place on 2 lightly greased large baking sheets. Scoop 1/4 cup berry mixture into center of each round; top each

with butter. Fold about 1 inch of dough over fruit all the way around to form a rim.

- ☐ Combine egg and milk; brush outside of each tart with the egg wash.
- ☐ Sprinkle tarts with about 1 to 2 tablespoons sugar.
- ☐ Bake at 375 for 40 to 45 minutes or until golden brown, rotating baking sheet halfway through baking.
- ☐ Let cool on pan 5 minutes.
- ☐ Remove to a wire rack; let cool.
- ☐ Serve with lightly sweetened whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:7.53, Inflammation Score:-2, Nutrition Score:2.4860869568327%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Petunidin: 3.12mg, Petunidin: 3.12mg, Petunidin: 3.12mg, Petunidin: 3.12mg Delphinidin: 3.55mg, Delphinidin: 3.55mg, Delphinidin: 3.55mg, Delphinidin: 3.55mg Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 2.01mg, Peonidin: 2.01mg, Peonidin: 2.01mg, Peonidin: 2.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 130.01kcal (6.5%), Fat: 8.13g (12.51%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.76g (4.27%), Sugar: 4.64g (5.15%), Cholesterol: 32.66mg (10.89%), Sodium: 35.48mg (1.54%), Alcohol: 0.5g (100%), Alcohol %: 1.58% (100%), Protein: 1.38g (2.77%), Manganese: 0.13mg (6.51%), Selenium: 3.83µg (5.47%), Vitamin A: 260.47IU (5.21%), Vitamin B1: 0.07mg (4.86%), Folate: 18.58µg (4.64%), Vitamin B2: 0.06mg (3.65%), Fiber: 0.75g (3%), Vitamin B3: 0.57mg (2.83%), Iron: 0.5mg (2.78%), Vitamin K: 2.92µg (2.78%), Vitamin C: 2.01mg (2.43%), Vitamin E: 0.35mg (2.32%), Phosphorus: 19.84mg (1.98%), Copper: 0.03mg (1.26%), Vitamin D:

0.18µg (1.22%), Vitamin B5: 0.12mg (1.17%)