



Rustic Blueberry Flat Tart



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



26 kcal

DESSERT

Ingredients

- ☐ 8 ounce blueberries by weight fresh
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoon sugar
- ☐ 1 tablespoon sugar raw ()
- ☐ 0.5 teaspoon vanilla extract

Equipment

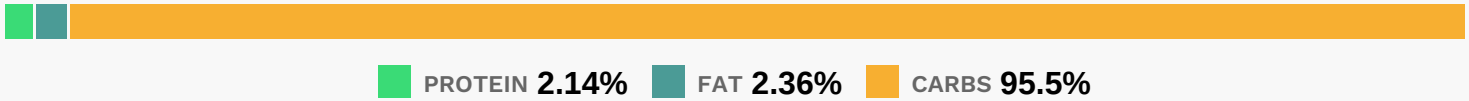
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ On a lightly floured surface use a lightly floured rolling pin to roll out one disc from the Extra Rich Short Pastry Recipe to about a 10 x 15-inch rectangle, a generous 1/8-inch thick (or any shape you like). Carefully move the pastry to lie flat on a parchment-lined rimmed baking sheet. Lightly cover the pastry with plastic wrap and chill.Preheat the oven to 400 degrees F.In a medium bowl toss the blueberries, sugar, corn starch, lemon juice and vanilla extract together. Set aside to macerate about 30 minutes, stirring occasionally, until the juices run and the sugar and cornstarch are dissolved.Taking care to leave a clean border, spread the berries and all their juices onto the pastry in as close to a single layer as possible.
- ☐ Brush the clean, exposed rim of the pastry with the egg wash, then sprinkle it with the turbinado sugar.
- ☐ Transfer to the heated oven and bake until the crust is deeply golden brown and the topping is bubbling, about 40 minutes.
- ☐ Remove from oven.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:0.72217392046814%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Petunidin: 5.96mg, Petunidin: 5.96mg, Petunidin: 5.96mg, Petunidin: 5.96mg Delphinidin: 6.7mg, Delphinidin: 6.7mg, Delphinidin: 6.7mg, Delphinidin: 6.7mg Malvidin: 12.77mg, Malvidin: 12.77mg, Malvidin: 12.77mg, Malvidin: 12.77mg Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg

Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin:
0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg,
Kaempferol: 0.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin:
1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 25.57kcal (1.28%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 6.39g (2.13%), Net
Carbohydrates: 5.93g (2.16%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 0.32mg (0.01%), Alcohol:
0.06g (100%), Alcohol %: 0.31% (100%), Protein: 0.14g (0.29%), Vitamin K: 3.65µg (3.47%), Manganese: 0.06mg
(3.24%), Vitamin C: 1.99mg (2.42%), Fiber: 0.46g (1.84%)