



## Rustic Blueberry Tart

 Vegetarian

READY IN



160 min.

SERVINGS



8

CALORIES



303 kcal

DESSERT

### Ingredients

- 1 pound blueberries fresh frozen (do not use)
- 2 tablespoons cornstarch
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar
- 5 tablespoons water
- 1 tablespoon juice of lemon freshly squeezed
- 0.5 teaspoon lemon zest finely grated (from)
- 0.1 teaspoon salt fine

- 2 teaspoons sugar such as demerara or turbinado coarse-grained
- 10 tablespoons butter unsalted cold cut into small pieces ( )
- 8 servings water

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- blender
- plastic wrap

## Directions

- Whisk together the flour, sugar, and salt in a medium bowl.
- Add the butter and toss until coated. Using a pastry blender or 2 knives, cut the butter into the dry ingredients until it's reduced to pea-size pieces, about 5 minutes.
- Drizzle in 5 tablespoons of the ice water and mix just until the dough comes together, being careful not to overwork it. (
- Heat the oven to 400°F and place a rack in the middle.
- Place a baking sheet on the rack while the oven is heating. Fill a small bowl with water and set it aside.
- Remove the dough from the refrigerator and let it sit at room temperature until slightly softened, about 5 minutes.
- Cut 1 (14-inch-long) piece of parchment paper.
- Place it on a work surface and dust it lightly with flour.
- Remove the dough from the plastic wrap, place it on the parchment, and dust it lightly with flour. Evenly roll out the dough into a 12-inch circle, repairing any cracks around the edges.

- Transfer the dough and parchment to a second baking sheet and refrigerate until firm, about 20 minutes. When the dough is ready, place the sugar, cornstarch, lemon zest, and salt in a large bowl and whisk to combine.
- Add the blueberries and lemon juice and gently fold to coat the berries. Pile the blueberries in the center of the dough, leaving a 2-1/2-inch border. Fold the edges of the dough over the blueberries, leaving a 1/2 inch of space between the fold of the dough and the edge of the filling. Pleat the dough about every 2 inches as you go, and repair any rips (make sure to seal any holes in the dough, or the juices will escape and burn while the tart bakes). Gently push the blueberries down to slightly flatten.
- Brush the pastry edge lightly with water and sprinkle it with the coarse sugar, if using.
- Remove the hot baking sheet from the oven and transfer the tart and parchment onto it.
- Bake until the pastry is golden and the blueberry juices are bubbling, about 35 to 40 minutes.
- Remove from the oven and let the tart cool on the baking sheet on a wire rack for about 10 minutes.
- Remove the tart and parchment from the baking sheet and return them to the wire rack to cool, about 20 minutes. Before serving, remove the parchment.

## Nutrition Facts

**PROTEIN 3.87%** **FAT 42.54%** **CARBS 53.59%**

### Properties

Glycemic Index: 23.14, Glycemic Load: 24.41, Inflammation Score: -5, Nutrition Score: 6.3178260585536%

### Flavonoids

Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg Gallic acid: 0.00mg, Gallic acid: 0.00mg, Gallic acid: 0.00mg, Gallic acid: 0.00mg

0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 303.31kcal (15.17%), Fat: 14.66g (22.55%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 39.51g (14.37%), Sugar: 19.24g (21.38%), Cholesterol: 37.63mg (12.54%), Sodium: 51.96mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Manganese: 0.35mg (17.67%), Vitamin B1: 0.21mg (13.76%), Selenium: 8.31µg (11.87%), Folate: 47.21µg (11.8%), Vitamin K: 12.24µg (11.66%), Vitamin A: 468.12IU (9.36%), Vitamin B2: 0.15mg (8.69%), Vitamin B3: 1.63mg (8.15%), Fiber: 2.03g (8.12%), Vitamin C: 6.39mg (7.74%), Iron: 1.27mg (7.07%), Copper: 0.11mg (5.53%), Vitamin E: 0.75mg (4.98%), Phosphorus: 36.75mg (3.68%), Magnesium: 11.58mg (2.9%), Potassium: 75.68mg (2.16%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.2mg (1.95%), Calcium: 19.08mg (1.91%), Vitamin D: 0.26µg (1.75%)