



Rustic Cranberry Tart

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 5 cups cranberries
- ☐ 1 tablespoon flour all-purpose
- ☐ 8 servings flour all-purpose
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange zest
- ☐ 0.8 cup pecans

- ☐ 1 11-inch pie crust frozen thawed prepared (if)
- ☐ 1 cup sugar
- ☐ 1 tablespoon butter unsalted

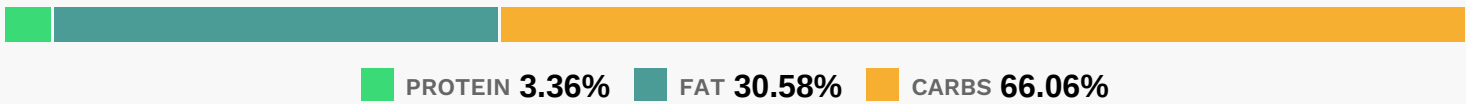
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ pie form

Directions

- ☐ Preheat oven to 35
- ☐ On baking tray, toast pecans until lightly golden (about 7 minutes). Bring pie crust to room temperature until slightly pliable.
- ☐ Sprinkle work surface with flour; flatten crust into even disk.
- ☐ Transfer crust to 9-inch glass pie pan; it will hang over edge of pan.
- ☐ Combine cooled pecans with cranberries, sugar, 1 tablespoon all-purpose flour, cinnamon, nutmeg, cardamom, orange zest, and orange juice. Pile filling in pie crust center, leaving a 2-inch border. Fold crust's edges onto fruit mixture, leaving most of mixture exposed. Dot filling with butter before placing tart in oven.
- ☐ Bake about 1 hour, until crust is browned and filling is thick and bubbly.

Nutrition Facts



Properties

Glycemic Index:50.89, Glycemic Load:24.75, Inflammation Score:-4, Nutrition Score:6.0713043823514%

Flavonoids

Cyanidin: 30.02mg, Cyanidin: 30.02mg, Cyanidin: 30.02mg, Cyanidin: 30.02mg Delphinidin: 5.47mg, Delphinidin: 5.47mg, Delphinidin: 5.47mg, Delphinidin: 5.47mg Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 30.73mg,

Peonidin: 30.73mg, Peonidin: 30.73mg, Peonidin: 30.73mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 4.15mg, Myricetin: 4.15mg, Myricetin: 4.15mg, Myricetin: 4.15mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 235.69kcal (11.78%), Fat: 8.4g (12.93%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 37.34g (13.58%), Sugar: 28.38g (31.53%), Cholesterol: 3.76mg (1.25%), Sodium: 2.45mg (0.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Manganese: 0.73mg (36.7%), Fiber: 3.49g (13.95%), Vitamin C: 11.33mg (13.73%), Vitamin B1: 0.14mg (9.32%), Copper: 0.16mg (8.18%), Vitamin E: 1.01mg (6.71%), Selenium: 3.46µg (4.94%), Folate: 19.63µg (4.91%), Iron: 0.81mg (4.51%), Magnesium: 17.62mg (4.4%), Vitamin B2: 0.07mg (4.32%), Phosphorus: 43.18mg (4.32%), Zinc: 0.55mg (3.66%), Vitamin K: 3.65µg (3.48%), Vitamin B3: 0.7mg (3.48%), Vitamin B5: 0.31mg (3.14%), Potassium: 108.15mg (3.09%), Vitamin B6: 0.06mg (3.07%), Vitamin A: 96.38IU (1.93%), Calcium: 15.76mg (1.58%)