



## 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 nutmeg
- 2 tablespoons orange juice
- 1 teaspoon orange zest
- 0.8 cup pecans

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

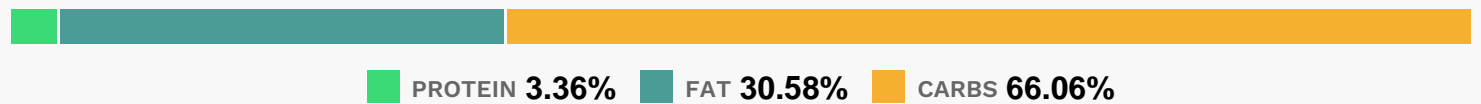
## Equipment

- 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,

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## 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: 0g (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 B3: 0.7mg (3.48%), Vitamin K: 3.65µg (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%)