

Rustic Grape Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2.3 cups grapes black seedless
- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon flour all-purpose
- ☐ 2 tablespoons granulated sugar

- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons orange juice
- ☐ 2.3 cups grapes red seedless
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon vanilla extract
- ☐ 1 teaspoon water
- ☐ 0.3 cup cornmeal yellow

Equipment

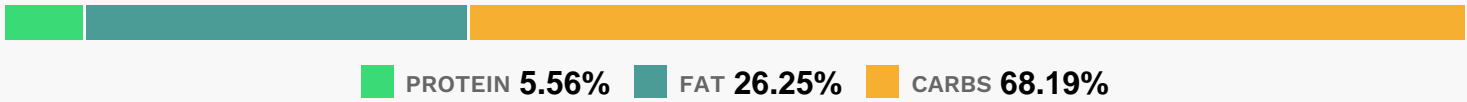
- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour, cornmeal, 3 tablespoons granulated sugar, baking powder, and salt in a food processor; pulse 4 times or until blended.
- ☐ Add chilled butter; pulse 6 times or until mixture resembles coarse meal. With processor on, slowly pour orange juice through food chute, processing just until blended (do not allow dough to form a ball).
- ☐ Press mixture gently into a 4-inch circle on plastic wrap; cover. Chill for 15 minutes. Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle.

- ☐ Remove top sheets of plastic wrap; place dough, plastic wrap side up, on a baking sheet lined with parchment paper.
- ☐ Remove plastic wrap.
- ☐ Sprinkle dough with 1 teaspoon flour.
- ☐ To prepare filling, combine grapes, 2 tablespoons granulated sugar, cornstarch, vanilla, and cinnamon. Spoon into center of dough, leaving a 2-inch border. Fold edges of dough toward center, pressing gently to seal (dough will only partially cover grape mixture).
- ☐ Combine water and egg yolk; brush over edges of dough.
- ☐ Sprinkle turbinado sugar over grape mixture and dough, if desired.
- ☐ Bake at 400 for 25 minutes or until crust is brown.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:82.84, Glycemic Load:23.86, Inflammation Score:-4, Nutrition Score:9.0391305788704%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 238.72kcal (11.94%), Fat: 7.18g (11.05%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 41.99g (14%), Net Carbohydrates: 38.06g (13.84%), Sugar: 14.79g (16.43%), Cholesterol: 38.2mg (12.73%), Sodium: 220.81mg (9.6%), Alcohol: 0.13g (100%), Alcohol %: 0.11% (100%), Protein: 3.42g (6.84%), Manganese: 1.5mg (74.91%), Fiber: 3.93g (15.71%), Vitamin B1: 0.18mg (11.91%), Selenium: 7.07µg (10.09%), Folate: 38.15µg (9.54%), Copper: 0.17mg (8.71%), Vitamin B2: 0.13mg (7.65%), Potassium: 267.03mg (7.63%), Iron: 1.33mg (7.37%), Phosphorus: 69.53mg (6.95%), Vitamin K: 6.8µg (6.47%), Vitamin A: 293.46IU (5.87%), Vitamin B3: 1.17mg (5.86%), Magnesium: 22.24mg (5.56%), Vitamin C: 4.55mg (5.51%), Calcium: 52.25mg (5.23%), Vitamin B6: 0.08mg (4.16%), Zinc: 0.43mg (2.87%), Vitamin E: 0.33mg (2.21%), Vitamin B5: 0.2mg (2.04%)