



Rustic Pear-Cranberry Tart

READY IN



60 min.

SERVINGS



8

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 2 large bosc pear cored halved cut into 1/2- to 3/4-inch cubes ()
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cranberry juice cocktail concentrate frozen thawed
- ☐ 1 tablespoon currant jelly red
- ☐ 13.8 ounce pizza dough refrigerated
- ☐ 2 tablespoons sugar divided
- ☐ 0.3 cup cranberries dried sweetened

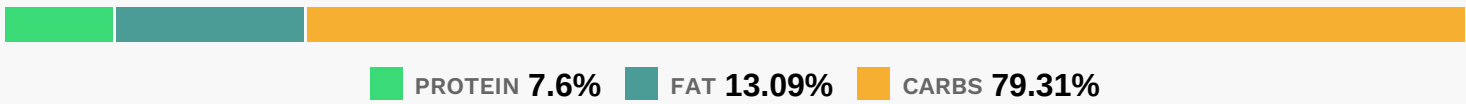
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Line heavy rimmedbaking sheet with parchment paper. Meltbutter in large nonstick skillet over medium-highheat.
- ☐ Add pears. Sauté until almosttender, about 8 minutes.
- ☐ Sprinkle with1 tablespoon sugar; toss 1 minute.
- ☐ Addcranberries, juice concentrate, and jelly. Sauté until pears are tender and juices arethick, 2 to 3 minutes longer. Scrape pearmixture onto large plate and place in freezer5 minutes to cool quickly.
- ☐ Unroll dough onto prepared sheet.
- ☐ Cut1 1/2-inch-wide strip off 1 short end, formingrough 9-inch square. Pull dough strip totwice its length and cut crosswise in half.
- ☐ Scrape pear mixture into center ofdough square.
- ☐ Spread mixture to cover,leaving 1 1/2-inch plain border. Fold up borderover edge of filling.
- ☐ Place 2 dough stripsdiagonally over filling, spacing strips 2to 3 inches apart; press ends to border toadhere.
- ☐ Sprinkle border and strips with1 tablespoon sugar.
- ☐ Bake tart until dough is golden andcooked through, 22 to 23 minutes. Cool tolukewarm on baking sheet.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:5.58, Inflammation Score:-1, Nutrition Score:1.9600000136896%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 203.22kcal (10.16%), Fat: 3.07g (4.72%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 39.06g (14.21%), Sugar: 17.17g (19.07%), Cholesterol: 3.76mg (1.25%), Sodium: 366.56mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Fiber: 2.75g (11.01%), Iron: 1.46mg (8.13%), Vitamin C: 4.39mg (5.33%), Vitamin K: 2.94µg (2.8%), Copper: 0.05mg (2.65%), Manganese: 0.04mg (2.2%), Potassium: 72.77mg (2.08%), Vitamin E: 0.19mg (1.28%), Vitamin A: 59.36IU (1.19%), Vitamin B2: 0.02mg (1.19%), Magnesium: 4.5mg (1.12%), Folate: 4.35µg (1.09%), Vitamin B6: 0.02mg (1.02%)