



Simple Strawberry Dulce de Leche Shortbread Tart

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup cornstarch
- ☐ 0.5 cup dulce de leche homemade store-bought (or)
- ☐ 2 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup cup heavy whipping cream chilled

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 1 pound strawberries hulled sliced
- ☐ 3 tablespoons sugar
- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla

Equipment

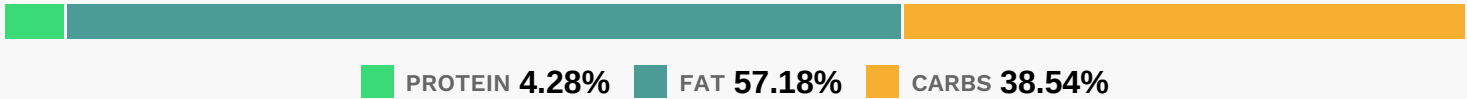
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ offset spatula
- ☐ cutting board

Directions

- ☐ Heat oven to 350°F with rack in middle. Lightly butter a large baking sheet.
- ☐ Whisk together flour, cornstarch, baking powder, and salt in a small bowl.
- ☐ Beat together butter and sugar in a large bowl with an electric mixer on medium-high speed until light and fluffy, then beat in egg yolks and vanilla. Reduce speed to low and mix in flour mixture until combined.
- ☐ Form dough into a disk and roll out between 2 large sheets of parchment paper into an 11-inch round (about 1/8 inch thick). Peel off and discard top piece of parchment. Slide round (still on bottom piece of parchment) onto baking sheet. (Butter on sheet will help keep parchment in place.)
- ☐ Bake until round is firm to the touch and pale golden around edges, 12 to 16 minutes. Slide round on parchment onto a rack to cool completely.
- ☐ Beat cream with sour cream, sugar, and vanilla using an electric mixer until soft peaks form.

- ☐
- Carefully slide cool tart from parchment onto a flat platter or cutting board. Gently spread dulce de leche onto crust (an offset spatula is helpful for this), taking care not to break crust. Spoon cream on top of dulce de leche and top with strawberries.
- ☐
- Serve immediately.
- ☐
- Crust can be made, but not topped, 3 days ahead and cooled completely, then kept wrapped in plastic at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.65, Glycemic Load:18.91, Inflammation Score:-6, Nutrition Score:8.4856520424718%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 364.84kcal (18.24%), Fat: 23.54g (36.21%), Saturated Fat: 14.13g (88.29%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 34.09g (12.4%), Sugar: 17.07g (18.97%), Cholesterol: 110.57mg (36.86%), Sodium: 103.14mg (4.48%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 3.97g (7.94%), Vitamin C: 33.65mg (40.78%), Vitamin A: 857.37IU (17.15%), Manganese: 0.33mg (16.74%), Selenium: 9.66µg (13.8%), Folate: 50.77µg (12.69%), Vitamin B2: 0.2mg (11.69%), Vitamin B1: 0.15mg (10.21%), Phosphorus: 81.22mg (8.12%), Iron: 1.16mg (6.45%), Fiber: 1.6g (6.42%), Calcium: 61.25mg (6.13%), Vitamin B3: 1.18mg (5.91%), Vitamin D: 0.86µg (5.75%), Vitamin E: 0.86mg (5.7%), Potassium: 158.05mg (4.52%), Vitamin B5: 0.4mg (4.02%), Magnesium: 15.01mg (3.75%), Vitamin B6: 0.07mg (3.26%), Copper: 0.06mg (3.23%), Vitamin K: 3.23µg (3.07%), Vitamin B12: 0.18µg (2.98%), Zinc: 0.42mg (2.8%)