



Stilton Tart with Cranberry Chutney

 Vegetarian

READY IN



300 min.

SERVINGS



32

CALORIES



127 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 large egg yolk
- ☐ 1 cup cup heavy whipping cream
- ☐ 32 servings cranberries
- ☐ 32 servings pastry crust
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups coarsely stilton cheese chilled crumbled
- ☐ 1 large eggs whole

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Roll out dough on a lightly floured surface with a floured rolling pin into a 17- by 8-inch rectangle and fit into tart pan. Trim excess dough, leaving a 1/2-inch overhang, then fold overhang inward and press against side of pan to reinforce edge. Lightly prick bottom and sides all over with a fork. Chill until firm, about 30 minutes.
- ☐ Line pastry shell with foil and fill with pie weights.
- ☐ Bake in middle of oven 20 minutes, then carefully remove foil and weights and bake until golden, 10 to 15 minutes more. Cool shell in pan 20 minutes.
- ☐ Reduce oven temperature to 325°F.
- ☐ Whisk together cream, whole egg, yolks, salt, and pepper until combined.
- ☐ Put tart shell (still in pan) on a baking sheet and scatter cheese evenly in shell. Slowly pour custard into shell and bake in middle of oven until golden around edge and custard is just set, 30 to 35 minutes. Cool tart completely in pan on a rack.
- ☐ Cut tart into 32 rectangles and serve at room temperature, topped with chutney.
- ☐ • Tart can be made in an 8 1/2- by 1-inch round fluted tart pan with a removable bottom instead of in a rectangular one. • Tart can be made 1 day ahead and chilled, covered. Reheat before serving

Nutrition Facts



■ PROTEIN 13.59% ■ FAT 52.82% ■ CARBS 33.59%

Properties

Glycemic Index:4.44, Glycemic Load:3.77, Inflammation Score:-2, Nutrition Score:3.6569564796012%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 127.4kcal (6.37%), Fat: 7.44g (11.45%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.24g (3.72%), Sugar: 0.36g (0.4%), Cholesterol: 34.01mg (11.34%), Sodium: 242.23mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Selenium: 7.33µg (10.48%), Vitamin B2: 0.13mg (7.89%), Vitamin B1: 0.11mg (7.34%), Phosphorus: 68.85mg (6.89%), Calcium: 67.96mg (6.8%), Folate: 23.31µg (5.83%), Manganese: 0.1mg (4.91%), Vitamin B3: 0.89mg (4.47%), Vitamin A: 218.39IU (4.37%), Iron: 0.71mg (3.96%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.18µg (3.03%), Zinc: 0.45mg (3.01%), Vitamin D: 0.26µg (1.75%), Vitamin B6: 0.03mg (1.69%), Fiber: 0.4g (1.6%), Magnesium: 6.25mg (1.56%), Potassium: 53.84mg (1.54%), Copper: 0.03mg (1.36%), Vitamin E: 0.17mg (1.12%), Vitamin K: 1.07µg (1.02%)