



Strawberry and White Chocolate Mousse Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites
- ☐ 1 large egg yolk
- ☐ 1 tablespoon water ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce strawberries hulled thinly sliced lengthwise
- ☐ 0.3 cup strawberry jam seedless

- ☐ 0.3 cup sugar
- ☐ 1.3 cups unbleached all purpose flour
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch pieces (1 stick)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.3 cups whipping cream chilled
- ☐ 6 ounces chocolate white chopped (such as Lindt or Baker's)

Equipment

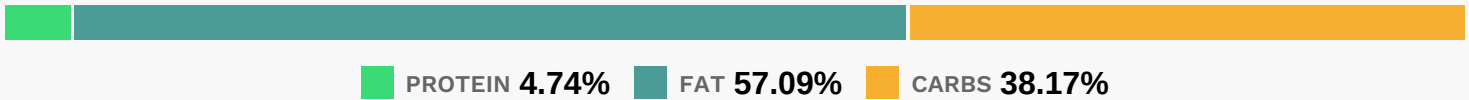
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour, sugar, and salt in processor.
- ☐ Add butter and cut in using on/off turns until mixture resembles coarse meal.
- ☐ Whisk egg yolk and 1 tablespoon ice water in small bowl to blend; add to processor and process until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk.
- ☐ Roll out dough on floured surface to 13-inch round.
- ☐ Transfer dough to 9-inch-diameter tart pan with removable bottom. Trim overhang to 1/2 inch. Fold overhang in and press onto sides, forming double-thick sides. Pierce crust all over with fork. Freeze crust 30 minutes.
- ☐ Preheat oven to 375°F. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake until crust sides are light brown, about 25 minutes.
- ☐ Remove foil and beans; bake until crust is cooked through and golden brown, about 20 minutes longer. Cool crust completely in pan on rack.

- ☐ Combine white chocolate and 1/4 cup whipping cream in large metal bowl. Set bowl over saucepan of simmering water (do not allow bottom of bowl to touch water) and stir until chocolate is melted and smooth.
- ☐ Remove bowl from over water; cool chocolate mixture until lukewarm, about 15 minutes.
- ☐ Beat remaining 1 cup whipping cream and vanilla in large bowl until peaks form. Using clean dry beaters, beat egg whites with cream of tartar in medium bowl until stiff but not dry. Fold whites into chocolate mixture, then fold in whipped cream.
- ☐ Transfer mixture to cooled crust; smooth top. Chill overnight.
- ☐ Combine jam and lemon juice in small saucepan; bring to simmer, stirring over medium heat until jam melts.
- ☐ Remove from heat. Arrange sliced strawberries in concentric circles atop tart.
- ☐ Brush berries with melted jam mixture. Chill tart up to 2 hours and serve.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:19.72, Inflammation Score:-7, Nutrition Score:10.32913043188%

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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 507.83kcal (25.39%), Fat: 32.73g (50.35%), Saturated Fat: 20.21g (126.31%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 47.36g (17.22%), Sugar: 29.72g (33.02%), Cholesterol: 99.94mg (33.31%), Sodium: 123.84mg (5.38%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 6.12g (12.24%), Vitamin C: 35.64mg (43.2%), Vitamin A: 945.53IU (18.91%), Manganese: 0.36mg (18.19%), Vitamin B2: 0.3mg (17.86%), Selenium: 12.23µg (17.46%), Folate: 58.12µg (14.53%), Vitamin B1: 0.2mg (13.02%), Phosphorus: 109.48mg (10.95%), Calcium: 88.72mg (8.87%), Vitamin B3: 1.58mg (7.89%), Vitamin E: 1.16mg (7.73%), Iron: 1.37mg (7.62%), Fiber: 1.87g (7.46%), Potassium: 244.04mg (6.97%), Vitamin D: 0.92µg (6.15%), Vitamin K: 5.44µg (5.18%), Vitamin B5: 0.48mg (4.81%), Magnesium: 18.85mg (4.71%), Copper: 0.09mg (4.68%), Vitamin B12: 0.25µg (4.19%), Vitamin B6: 0.07mg (3.61%), Zinc: 0.54mg (3.58%)