



Strawberry Coconut Cream Tart



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



1

CALORIES



2635 kcal

DESSERT

Ingredients

- ☐ 8 Ounces poached berries fresh
- ☐ 3.5 ounces coconut flour
- ☐ 1 Ounce cornstarch (approximately 2 tablespoons + 2 teaspoons) (if you cannot eat corn, use potato starch)
- ☐ 3.5 ounces dairy-free margarine
- ☐ 1 eggs
- ☐ 1.3 cups full fat coconut milk canned
- ☐ 3.5 ounces very ground almonds finely (for nut-free, use chickpea / garbanzo bean flour)
- ☐ 1 serving mint leaves for garnish, optional

- ☐ 3 Tablespoons liqueur orange-flavored (such as Cointreau or Grand Marnier)
- ☐ 1 Teaspoon sugar raw

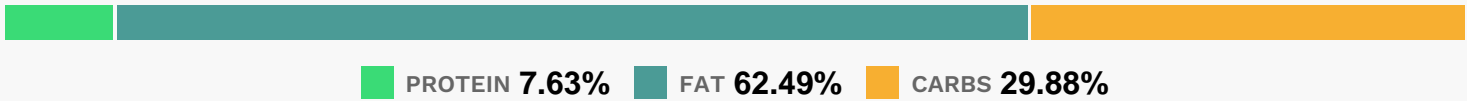
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ tart form

Directions

- ☐ Preheat your oven to 325°F and lightly grease an 8-inch pie or tart pan.
- ☐ Place the coconut flour, almond flour, coconut oil or margarine, and sugar in a food processor or mixing bowl, and briefly blend or mix to combine.
- ☐ Add the egg, and blend or mix briefly, to combine.Press the mixture into the base and up the sides of your prepared pan, making it as even as possible.Prick the base of the pastry with a fork, and bake it for 25 minutes, or until the crust is lightly tanned.While the crust is cooling, prepare the filling.
- ☐ Place the cornstarch in a small pan, and gradually whisk in a small amount of the coconut milk until you have a smooth paste. Gradually whisk in the rest of the coconut milk.
- ☐ Heat the mixture over low heat, continuously whisking, until the cream thickens.Cook for 1 to 2 minutes longer, then remove the cream from the heat, and stir in the liqueur.Allow it to cool at room temperature for 10 to 15 minutes.Spoon the coconut cream into the pastry shell and smooth out.Slice the fruit, if necessary, and arrange over the cream.Decorate with mint leaves, if desired, and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:180, Glycemic Load:36.34, Inflammation Score:-9, Nutrition Score:44.371304491292%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 2635.43kcal (131.77%), Fat: 183.87g (282.87%), Saturated Fat: 151.45g (946.55%), Carbohydrates: 197.78g (65.93%), Net Carbohydrates: 146.75g (53.36%), Sugar: 62.84g (69.83%), Cholesterol: 163.68mg (54.56%), Sodium: 403.03mg (17.52%), Alcohol: 11.7g (100%), Alcohol %: 1.6% (100%), Caffeine: 11.7mg (3.9%), Protein: 50.54g (101.08%), Fiber: 51.02g (204.1%), Manganese: 3.94mg (197.04%), Folate: 506.6µg (126.65%), Iron: 18.7mg (103.9%), Copper: 1.81mg (90.71%), Magnesium: 331.94mg (82.98%), Phosphorus: 752.16mg (75.22%), Potassium: 2027.63mg (57.93%), Vitamin B6: 0.9mg (44.88%), Vitamin B1: 0.66mg (43.76%), Zinc: 5.34mg (35.6%), Selenium: 22.19µg (31.7%), Vitamin B3: 5.55mg (27.73%), Vitamin B2: 0.38mg (22.54%), Vitamin A: 1005.69IU (20.11%), Vitamin B5: 1.94mg (19.39%), Vitamin K: 20.19µg (19.23%), Calcium: 154.26mg (15.43%), Vitamin C: 9.21mg (11.16%), Vitamin E: 1.47mg (9.77%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)