



Strawberry Mascarpone Tart

 Popular

READY IN



125 min.

SERVINGS



6

CALORIES



763 kcal

DESSERT

Ingredients

- ☐ 1 recipe pie dough
- ☐ 1 sheet puff pastry thawed
- ☐ 1 eggs
- ☐ 2 lbs strawberries stemmed quartered
- ☐ 0.5 cup granulated sugar
- ☐ 1 Tbsp orange zest divided
- ☐ 1 teaspoon juice of lemon
- ☐ 12 ounces mascarpone cheese mixed with 4 ounces of ricotta)

- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup confectioner's sugar (powdered sugar)
- ☐ 1 Tbsp balsamic vinegar (substitute a teaspoon of lemon juice if you don't have balsamic)

Equipment

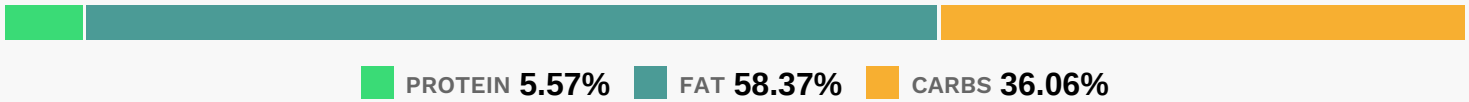
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ tart form
- ☐ pastry brush

Directions

- ☐ Using Pie Dough
- ☐ Roll out the pie dough and line a 10-inch tart pan with the dough. Prick the bottom of the shell all over with the tines of a fork. Freeze for 20 minutes.
- ☐ Preheat oven to 375°F. Line the tart shell with aluminum foil or parchment paper. Fill at least two-thirds with pie weights – dried beans, rice, or ceramic or metal pie weights.
- ☐ Bake initially for 15 minutes, then remove from oven, let cool enough to handle, and remove the aluminum foil or parchment paper and pie weights. Return to oven and cook until lightly browned at the edges, about 20 more minutes.
- ☐ Let cool completely.
- ☐ Using Puff Pastry
- ☐ Roll out puff pastry sheet to 15x5 inches or 12x12 inches.
- ☐ Place on a baking sheet. Fold the edges over to form a border. Prick bottom of pasty with tines of a fork. Chill for 20 minutes.
- ☐ Preheat oven to 400°F. Use a pastry brush to brush on egg wash over exposed surfaces.

- ☐ Place in hot oven and cook until nicely browned all over, about 15 minutes.
- ☐ Remove from oven to a rack, let cool completely.
- ☐ Macerate strawberries in sugar: Gently combine strawberries, half of the orange zest, and the granulated sugar in large bowl so that the strawberries are coated with sugar.
- ☐ Let sit to macerate for 30 minutes.
- ☐ Mix together the mascarpone cheese, confectioner's sugar, the remaining orange zest, lemon juice and the vanilla in a medium bowl until well combined. Refrigerate until needed.
- ☐ Make strawberry balsamic glaze: After the strawberries have macerated for 30 minutes, place a sieve over a bowl and drain the liquid out of the strawberry mixture into the bowl.
- ☐ Take that strawberry liquid and put it in a small saucepan.
- ☐ Add a tablespoon of balsamic vinegar to the saucepan, and bring to a boil on medium high heat.
- ☐ Boil until the liquid has reduced to the consistency of syrup, remove from heat and let cool.
- ☐ Spread the mascarpone mixture over the bottom of the tart shell.
- ☐ Arrange the strawberries on top of the mascarpone mixture. Use a pastry brush to brush on the balsamic glaze.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:25.27, Inflammation Score:-8, Nutrition Score:15.898260691892%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg

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Nutrients (% of daily need)

Calories: 763.05kcal (38.15%), Fat: 49.67g (76.41%), Saturated Fat: 22.38g (139.86%), Carbohydrates: 69.05g (23.02%), Net Carbohydrates: 64.59g (23.49%), Sugar: 31.34g (34.82%), Cholesterol: 83.98mg (27.99%), Sodium: 261.65mg (11.38%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 10.66g (21.33%), Vitamin C: 90.59mg (109.8%), Manganese: 0.92mg (45.77%), Folate: 91.88µg (22.97%), Selenium: 14.5µg (20.72%), Vitamin B1: 0.28mg (18.74%), Fiber: 4.45g (17.81%), Vitamin A: 856.47IU (17.13%), Vitamin B3: 3.07mg (15.34%), Iron: 2.57mg (14.28%), Vitamin B2: 0.24mg (13.9%), Calcium: 119.79mg (11.98%), Vitamin K: 11.99µg (11.42%), Phosphorus: 96.51mg (9.65%), Potassium: 300.77mg (8.59%), Magnesium: 31.95mg (7.99%), Copper: 0.15mg (7.46%), Vitamin E: 0.87mg (5.8%), Vitamin B6: 0.11mg (5.43%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.42mg (4.22%), Vitamin B12: 0.07µg (1.09%)