



Strawberry Mascarpone Tart with Port Glaze

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



560 kcal

DESSERT

Ingredients

- 0.3 cup powdered sugar
- 1 large egg yolk
- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 1 teaspoon juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 2 cups mascarpone cheese
- 0.8 cup port wine

- 0.3 teaspoon salt
- 1.5 quarts strawberries trimmed halved lengthwise
- 7 tablespoons butter unsalted cut into 1/2-inch pieces
- 0.8 teaspoon vanilla extract pure
- 3 tablespoons water cold

Equipment

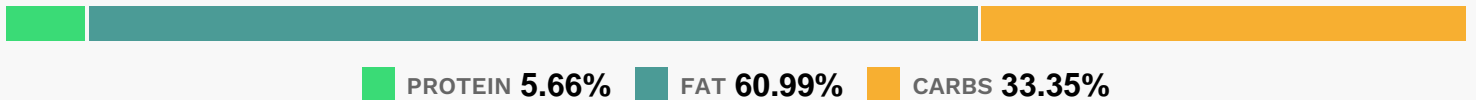
- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- blender
- plastic wrap
- aluminum foil
- measuring cup
- tart form

Directions

- Blend together flour, sugar, salt, and butter in a bowl with your fingertips or a pastry blender (or pulse in a food processor) just until mixture resembles coarse meal with some roughly pea-size butter lumps. Beat together yolk, vanilla, lemon juice, and water with a fork, then drizzle over flour mixture and stir with fork (or pulse) until mixture comes together.
- Gently knead with floured hands on a lightly floured surface until a dough forms, then gently knead 4 or 5 times. Press into a 5-inch disk.
- Place in center of tart pan and cover with plastic wrap. Using your fingers and bottom of a flat-bottomed measuring cup, spread and push dough to evenly cover bottom and side of pan. Prick bottom of tart shell all over with a fork and freeze until firm, about 10 minutes.

- Preheat oven to 375°F with rack in middle.
- Line tart shell with foil and fill with pie weights.
- Bake until side is set and edge is pale golden, about 20 minutes. Carefully remove foil and weights and continue to bake until shell is deep golden all over, about 20 minutes more. Cool in pan, about 45 minutes.
- Stir together strawberries and granulated sugar in a bowl and let stand, stirring occasionally, 30 minutes. Strain in a sieve set over a small saucepan, reserving berries.
- Add Port to liquid in saucepan and boil until reduced to about 1/4 cup, 10 to 15 minutes.
- Transfer to a small bowl to cool slightly.
- Meanwhile, whisk together mascarpone, confectioners sugar, lemon juice, zest, vanilla, and a pinch of salt until stiff.
- Spread mascarpone mixture evenly in cooled tart shell, then top with strawberries.
- Drizzle Port glaze all over tart.
- Tart shell can be baked 1 day ahead and kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:20.63, Inflammation Score:-8, Nutrition Score:14.129130456759%

Flavonoids

Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg, Cyanidin: 2.98mg Petunidin: 1.69mg, Petunidin: 1.69mg, Petunidin: 1.69mg, Petunidin: 1.69mg Delphinidin: 1.43mg, Delphinidin: 1.43mg, Delphinidin: 1.43mg, Delphinidin: 1.43mg Malvidin: 21.35mg, Malvidin: 21.35mg, Malvidin: 21.35mg, Malvidin: 21.35mg Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg, Pelargonidin: 44.09mg Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg Catechin: 7.74mg, Catechin: 7.74mg, Catechin: 7.74mg, Catechin: 7.74mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg, Epicatechin: 2.45mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg

Kaempferol: 0.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 559.62kcal (27.98%), Fat: 36.56g (56.25%), Saturated Fat: 22.3g (139.39%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 40.88g (14.87%), Sugar: 22.55g (25.06%), Cholesterol: 105.54mg (35.18%), Sodium: 110.65mg (4.81%), Alcohol: 3.57g (100%), Alcohol %: 1.46% (100%), Protein: 7.64g (15.27%), Vitamin C: 104.74mg (126.96%), Manganese: 0.85mg (42.41%), Vitamin A: 1145.66IU (22.91%), Folate: 81.94µg (20.48%), Fiber: 4.09g (16.37%), Vitamin B1: 0.2mg (13.64%), Selenium: 8.83µg (12.61%), Calcium: 118.13mg (11.81%), Iron: 1.76mg (9.76%), Vitamin B3: 1.89mg (9.47%), Vitamin B2: 0.16mg (9.28%), Potassium: 320mg (9.14%), Phosphorus: 77.02mg (7.7%), Magnesium: 29.9mg (7.47%), Copper: 0.13mg (6.47%), Vitamin E: 0.87mg (5.78%), Vitamin B6: 0.1mg (5.02%), Vitamin K: 4.83µg (4.6%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.46mg (3.09%), Vitamin D: 0.3µg (1.99%), Vitamin B12: 0.06µg (1.04%)