



Strawberry-Pistachio Tart

 Vegetarian  Vegan  Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



180 kcal

DESSERT

Ingredients

- 1 sheet puff pastry frozen thawed
- 0.5 cup pistachios unsalted shelled
- 2 tablespoons sugar
- 1.5 pounds strawberries thinly sliced
- 0.3 cup apricot preserves warmed

Equipment

- food processor
- baking sheet

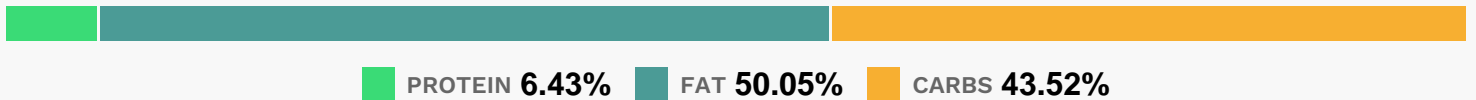
baking paper

oven

Directions

- Preheat oven to 350 degrees. On a lightly floured work surface, roll out puff pastry to a 12-by-16-inch rectangle.
- Transfer to a parchment-lined rimmed baking sheet and trim to make a neat rectangle. Freeze until firm, 10 minutes. With a fork, prick pastry all over. To prevent pastry from rising, top with a sheet of parchment paper and stack another rimmed baking sheet on top.
- Bake until light golden, 20 to 25 minutes.
- Meanwhile, in a food processor, combine 1/4 cup pistachios and sugar and process until pistachios are finely ground.
- Sprinkle mixture on pastry, leaving a 3/4-inch border.
- Bake until pastry is deep golden and pistachio mixture begins to turn golden, 15 to 17 minutes. Roughly chop remaining 1/4 cup pistachios.
- Remove sheet from oven; arrange strawberries on pistachio mixture, overlapping slices.
- Brush berries and border with jam and sprinkle chopped pistachios on border.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:7.67, Inflammation Score:-3, Nutrition Score:6.368260793064%

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: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-

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Nutrients (% of daily need)

Calories: 179.58kcal (8.98%), Fat: 10.31g (15.87%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 18.2g (6.62%), Sugar: 7.46g (8.28%), Cholesterol: 0mg (0%), Sodium: 53.7mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin C: 33.93mg (41.12%), Manganese: 0.38mg (19.21%), Vitamin B1: 0.13mg (8.7%), Selenium: 5.79µg (8.27%), Folate: 32.2µg (8.05%), Fiber: 1.98g (7.93%), Copper: 0.12mg (6.08%), Vitamin B3: 1.14mg (5.71%), Iron: 0.99mg (5.48%), Phosphorus: 50.04mg (5%), Vitamin K: 5.21µg (4.96%), Vitamin B2: 0.08mg (4.92%), Vitamin B6: 0.09mg (4.47%), Potassium: 154.8mg (4.42%), Magnesium: 16.42mg (4.11%), Vitamin E: 0.39mg (2.62%), Zinc: 0.31mg (2.07%), Calcium: 17.6mg (1.76%)