



Strawberry-Rhubarb Tart

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon cinnamon divided
- ☐ 2 tablespoons cornstarch
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 2 cups rhubarb sliced
- ☐ 3 cups strawberries sliced
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons water

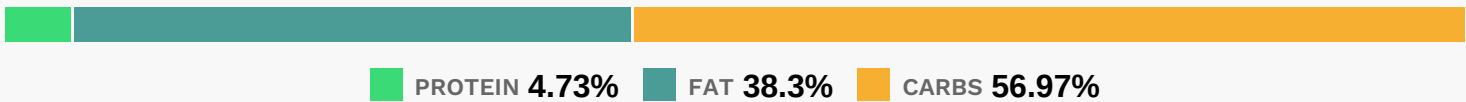
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Preheat oven to 400 .
- ☐ Press dough into bottom and up sides of a 10-inch removable-bottom tart pan. Line bottom of dough with a piece of foil; arrange pie weights or dried beans on foil.
- ☐ Bake at 400 for 5 minutes.
- ☐ Remove pie weights and foil.
- ☐ Bake an additional 5 minutes. Cool on a wire rack.
- ☐ Combine rhubarb, 1/2 cup sugar, cornstarch, water, and 1/2 teaspoon cinnamon in a medium saucepan. Bring to a boil; reduce heat, and simmer 5 minutes or until rhubarb is tender, stirring frequently.
- ☐ Remove from heat, and stir in strawberries. Spoon strawberry mixture into prepared crust.
- ☐ Combine 1/4 teaspoon cinnamon and 1 tablespoon of sugar; sprinkle evenly over tart.
- ☐ Place tart on a baking sheet.
- ☐ Bake at 400 for 30 minutes or until filling is set. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.77, Glycemic Load:11.11, Inflammation Score:-4, Nutrition Score:8.0813043843145%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg, Catechin: 2.34mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3–gallate: 0.26mg, Epicatechin 3–gallate: 0.26mg, Epicatechin 3–gallate: 0.26mg, Epicatechin 3–gallate: 0.26mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 328.59kcal (16.43%), Fat: 14.13g (21.74%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 44.22g (16.08%), Sugar: 16.95g (18.84%), Cholesterol: 0mg (0%), Sodium: 219.57mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Vitamin C: 34.2mg (41.45%), Manganese: 0.54mg (26.88%), Vitamin K: 14.06µg (13.39%), Folate: 52.31µg (13.08%), Fiber: 3.08g (12.3%), Vitamin B1: 0.17mg (11.02%), Iron: 1.7mg (9.46%), Vitamin B3: 1.74mg (8.69%), Vitamin B2: 0.11mg (6.71%), Potassium: 223.17mg (6.38%), Phosphorus: 55.88mg (5.59%), Selenium: 3.73µg (5.32%), Calcium: 47.07mg (4.71%), Magnesium: 18.84mg (4.71%), Copper: 0.08mg (3.75%), Vitamin E: 0.49mg (3.25%), Vitamin B5: 0.31mg (3.09%), Vitamin B6: 0.06mg (2.98%), Zinc: 0.35mg (2.34%)