



Strawberry Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup cornstarch
- ☐ 5 egg yolks
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cups half-and-half
- ☐ 0.3 cup butter cold
- ☐ 8 servings garnish: mint sprig fresh
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons shortening cold
- ☐ 1 quart strawberries fresh sliced
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons water cold

Equipment

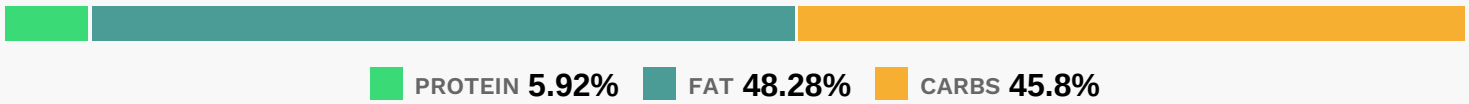
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Pulse first 3 ingredients in a blender or food processor 3 or 4 times or until combined.
- ☐ Add 1/3 cup butter and shortening; pulse 5 or 6 times or until crumbly. With blender or processor running, gradually add 3 tablespoons water, and process until dough forms a ball and leaves sides of bowl, adding more water if necessary. Wrap dough in plastic wrap, and chill 1 hour.
- ☐ Roll dough to 1/8-inch thickness on a lightly floured surface. Press into bottom and up sides of a 9-inch tart pan. Line dough with parchment paper; fill with pie weights or dried beans.
- ☐ Bake at 425 for 15 minutes.
- ☐ Remove weights and parchment paper, and bake 3 more minutes.
- ☐ Combine 1/2 cup sugar and cornstarch in a medium saucepan.

- ☐ Whisk together half-and-half, egg yolks, and, if desired, rose water. Gradually whisk half-and-half mixture into sugar mixture in saucepan over medium heat. Bring to a boil, and cook, whisking constantly, 1 minute.
- ☐ Remove mixture from heat.
- ☐ Stir in 3 tablespoons butter and vanilla; cover and chill at least 4 hours. Spoon into prepared pastry shell; top with strawberry slices, and serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:30.17, Inflammation Score:-7, Nutrition Score:15.068695545197%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 470.28kcal (23.51%), Fat: 25.64g (39.45%), Saturated Fat: 8.64g (54%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 51.61g (18.77%), Sugar: 29.26g (32.52%), Cholesterol: 142.68mg (47.56%), Sodium: 329.33mg (14.32%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 7.08g (14.15%), Vitamin C: 70.45mg (85.39%), Manganese: 0.64mg (31.97%), Selenium: 16.89µg (24.13%), Folate: 90.81µg (22.7%), Vitamin B2: 0.33mg (19.48%), Vitamin A: 959.19IU (19.18%), Vitamin B1: 0.25mg (16.89%), Phosphorus: 159.72mg (15.97%), Fiber: 3.11g (12.46%),

Iron: 1.99mg (11.08%), Calcium: 109.17mg (10.92%), Vitamin E: 1.45mg (9.67%), Vitamin B3: 1.93mg (9.66%), Potassium: 311.36mg (8.9%), Vitamin B5: 0.8mg (7.99%), Magnesium: 28.63mg (7.16%), Vitamin B6: 0.14mg (6.92%), Vitamin B12: 0.35µg (5.82%), Copper: 0.11mg (5.64%), Zinc: 0.84mg (5.61%), Vitamin K: 5.24µg (4.99%), Vitamin D: 0.61µg (4.05%)