



Strawberry Tart with Truvia® Natural Sweetener

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

Ingredients

- 2 tablespoons cornstarch
- 4 large egg yolks
- 2 tablespoons flour
- 0.3 cup ice water
- 1.3 cups milk 1% low-fat
- 2 tablespoons natural sweetener spoonable truvia®
- 0.1 teaspoon salt
- 2 tablespoons shortening cold
- 1 pint strawberries fresh

- 6 tablespoons butter unsalted
- 0.8 teaspoon vanilla

Equipment

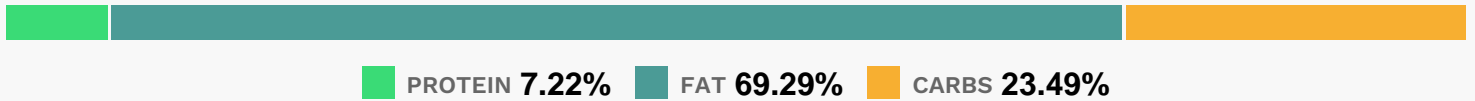
- bowl
- sauce pan
- baking paper
- oven
- whisk
- blender
- plastic wrap
- aluminum foil
- rolling pin
- tart form

Directions

- Preheat oven to 375 degrees F.
- Combine the flour, Truvia® natural sweetener and salt in a small bowl and place in the refrigerator to chill. Work the butter and shortening into the chilled flour mixture with a pastry blender or your fingers until the butter is about the size of peas.
- Add the ice water and mix until the dough comes together. Form dough into a flat disk, cover and chill for 30 minutes.
- Roll dough on a floured surface, or between sheets of parchment paper to 0.5 cm thickness.
- Transfer to tart pan(s) with removable bottom without stretching dough or it will shrink during baking.
- Roll the rolling pin over the top of the tart pan to cut off extra pastry. Prick the bottom of the shells to prevent puffing during baking. Line the shells with parchment paper or aluminum foil and fill with pie weights, dried beans or rice.
- Bake for 25–30 minutes until crust is lightly browned.
- Remove the weights and cool crust completely before filling.

- To prepare the pastry cream: In a medium bowl, beat Truvia® natural sweetener, flour, cornstarch and egg yolks on high speed until thick and pale yellow, about 2 minutes. Meanwhile, heat milk in a medium saucepan over medium heat and bring to a simmer.
- While mixing on low speed, gradually pour the hot milk into the egg mixture.
- Transfer the mixture back to the sauce pan and cook, whisking constantly to prevent scorching. Continue to heat over medium heat until it begins to bubble, then continue cooking and whisking for about 30 seconds to thoroughly cook the eggs.
- Transfer cooked pastry cream to a clean bowl and stir in vanilla. Cover the surface of the pastry cream with plastic wrap or parchment paper to prevent a skin from forming. Cool in the refrigerator.
- Spread pastry cream in bottom of tart shell. Decoratively arrange sliced strawberries on top of the cream.
- Sprinkle with 1/2 teaspoon of Truvia® natural sweetener.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:2.38, Inflammation Score:-4, Nutrition Score:8.045217493306%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg 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: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 187.44kcal (9.37%), Fat: 14.73g (22.66%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.76g (3.55%), Sugar: 5.07g (5.63%), Cholesterol: 116.34mg (38.78%), Sodium: 59.03mg (2.57%), Alcohol: 0.13g (100%), Alcohol %: 0.12% (100%), Protein: 3.45g (6.9%), Vitamin C: 35.13mg (42.58%), Manganese: 0.49mg (24.35%), Selenium: 6.76µg (9.66%), Vitamin A: 473.07IU (9.46%), Phosphorus: 94.46mg (9.45%), Calcium: 83.38mg (8.34%), Folate: 31.5µg (7.87%), Vitamin B2: 0.13mg (7.54%), Vitamin B12: 0.42µg (7.06%), Vitamin D: 1.05µg (6.99%), Fiber: 1.47g (5.89%), Vitamin E: 0.87mg (5.79%), Vitamin B5: 0.51mg (5.12%), Potassium: 177.39mg (5.07%), Iron: 0.87mg (4.84%), Vitamin B1: 0.07mg (4.63%), Vitamin B6: 0.09mg (4.42%), Vitamin K: 4.27µg (4.07%), Magnesium: 15.68mg (3.92%), Zinc: 0.51mg (3.39%), Copper: 0.05mg (2.47%), Vitamin B3: 0.43mg (2.13%)