



Strawberry Thyme Tart with Mint Glaze

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



439 kcal

DESSERT

Ingredients

- ☐ 4 ounces butter softened ()
- ☐ 8 servings granulated sugar for sprinkling
- ☐ 1 cup powdered sugar
- ☐ 2 teaspoon cornstarch
- ☐ 1 egg whites
- ☐ 1 egg yolk
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose

- ☐ 2 teaspoons thyme sprigs fresh minced
- ☐ 0.5 teaspoon juice of lemon
- ☐ 4 sprigs mint leaves
- ☐ 0.5 teaspoon peppermint extract
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups strawberries washed stemmed cut into 1/4-inch slices
- ☐ 1 cup sugar
- ☐ 0.3 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ plastic wrap
- ☐ rolling pin

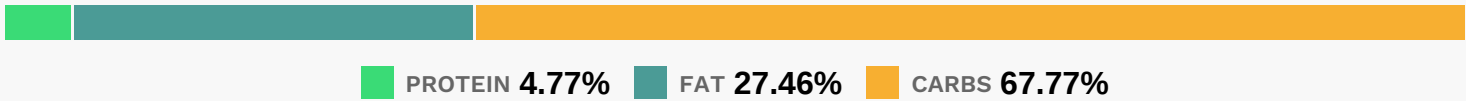
Directions

- ☐ For the Crust: Using a food processor, pulse together flour, sugar, salt, thyme, and butter.
- ☐ Add eggs and egg yolk one at a time, pulsing between each addition, until all eggs are incorporated and dough is crumbly but pliable.
- ☐ Remove dough from food processor, knead several times on a lightly floured surface and shape the dough into a flattened disk. Wrap in plastic wrap and refrigerate for an hour before use or up to three days.
- ☐ For the Filling: Toss sliced strawberries in small bowl with sugar, corn starch, thyme, and lemon juice until strawberries are evenly coated.
- ☐ For the Glaze: Stir sugar and water in a small saucepan over low heat until sugar completely dissolves. Raise heat to medium-high and cook until the mixture can coat the back of a

spoon, about 5 minutes.

- ☐ Remove from heat.
- ☐ Add mint extract and mint sprigs. Strain through a fine mesh strainer into a small saucepan and discard solids. Leftover glaze can be stored in a sealed container in the refrigerator for up to two weeks.
- ☐ To Assemble: Adjust oven rack to center position and preheat oven to 350°F.
- ☐ Roll out dough with a rolling pin on lightly floured surface, cut a 11-inch circle with a small knife or pastry wheel.
- ☐ Arrange strawberries in center of the dough, layering until about 1-inch from the edge. Fold dough towards the center over the outer edge strawberries, creating pleats in the crust.
- ☐ Brush crust with egg white and dust with cane or demerara sugar.
- ☐ Bake until tart is firm around the edges, about 30 minutes.
- ☐ Let cool slightly, drizzle with glaze while still warm, and serve.

Nutrition Facts



Properties

Glycemic Index:43.77, Glycemic Load:41.57, Inflammation Score:-7, Nutrition Score:7.757826084676%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 439.08kcal (21.95%), Fat: 13.63g (20.96%), Saturated Fat: 7.9g (49.34%), Carbohydrates: 75.66g (25.22%), Net Carbohydrates: 74.27g (27.01%), Sugar: 53.12g (59.02%), Cholesterol: 95.7mg (31.9%), Sodium: 261.66mg (11.38%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 5.33g (10.66%), Selenium: 15.23µg (21.76%), Vitamin C: 16.96mg (20.55%), Folate: 66.41µg (16.6%), Manganese: 0.31mg (15.66%), Vitamin B1: 0.23mg (15.41%), Vitamin B2: 0.24mg (14.02%), Iron: 1.78mg (9.91%), Vitamin A: 494.33IU (9.89%), Vitamin B3: 1.76mg (8.78%), Phosphorus: 71.53mg (7.15%), Fiber: 1.39g (5.57%), Vitamin B5: 0.42mg (4.16%), Vitamin E: 0.6mg (3.98%), Copper: 0.07mg (3.65%), Magnesium: 13.02mg (3.26%), Zinc: 0.46mg (3.06%), Potassium: 105.38mg (3.01%), Vitamin B12: 0.17µg (2.82%), Vitamin B6: 0.05mg (2.73%), Calcium: 25.35mg (2.54%), Vitamin D: 0.34µg (2.28%), Vitamin K: 1.72µg (1.64%)