



The Queen of Tarts

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 2 cups berries such as marionberries mixed rinsed drained
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 lb butter
- ☐ 0.5 cup yogurt cheese sour (see notes)
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons mint leaves fresh minced
- ☐ 0.3 cup salal jam seedless
- ☐ 1 teaspoon lemon zest grated
- ☐ 6 oz neufchâtel cheese light (cream)

- ☐ 0.3 cup powdered sugar
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ tart form

Directions

- ☐ In a bowl, mix 1 cup flour and the brown sugar. With a pastry blender or fingers, cut or rub in butter to make fine crumbs.
- ☐ Add 1 tablespoon water and stir with a fork until evenly moistened.
- ☐ Gather dough into a ball.
- ☐ On a lightly floured board, roll dough into an 11-inch round. Ease dough into a 9-inch tart pan with a removable rim; if dough tears, overlap edges slightly and press to seal. Gently press dough against bottom and side of pan. Fold excess dough down and flush with pan rim; press against pan side.
- ☐ Bake crust in a 325 oven until golden brown, about 20 minutes. Cool on a rack.
- ☐ In a bowl with a mixer, beat mascarpone, yogurt cheese, lemon peel, mint, powdered sugar, and vanilla until smooth.
- ☐ Spread evenly in crust.
- ☐ Arrange berries in a single layer over filling.
- ☐ In a 1- to 1 1/2-quart pan over medium heat, stir jam until melted, 2 to 3 minutes.
- ☐ Drizzle over berries.
- ☐ Remove pan rim and cut tart into wedges.

Nutrition Facts



 **PROTEIN 5.53%**  **FAT 56.66%**  **CARBS 37.81%**

Properties

Glycemic Index:15.88, Glycemic Load:8.88, Inflammation Score:-6, Nutrition Score:5.601304354875%

Flavonoids

Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 305.03kcal (15.25%), Fat: 19.47g (29.95%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 27.5g (10%), Sugar: 15.11g (16.79%), Cholesterol: 24.22mg (8.07%), Sodium: 211.95mg (9.22%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 4.28g (8.55%), Vitamin A: 803.78IU (16.08%), Manganese: 0.2mg (10.12%), Vitamin B1: 0.15mg (9.68%), Selenium: 6.63µg (9.47%), Vitamin B2: 0.16mg (9.2%), Folate: 36.53µg (9.13%), Vitamin K: 7.87µg (7.5%), Fiber: 1.73g (6.94%), Phosphorus: 66mg (6.6%), Vitamin B3: 1.23mg (6.13%), Calcium: 56.58mg (5.66%), Vitamin E: 0.83mg (5.52%), Iron: 0.92mg (5.08%), Vitamin B5: 0.32mg (3.22%), Potassium: 111.64mg (3.19%), Vitamin C: 2.4mg (2.91%), Copper: 0.06mg (2.76%), Magnesium: 11mg (2.75%), Zinc: 0.39mg (2.57%), Vitamin B6: 0.05mg (2.52%), Vitamin B12: 0.11µg (1.8%)