



Upside-Down Pear Cranberry Tart

 Vegetarian

READY IN



125 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- 2.5 pounds bosc pears hard cored peeled quartered (5)
- 1 stick butter cold cut into 1/2-inch chunks
- 8 servings crème fraîche for serving, optional
- 0.5 cup cranberries dried
- 1.3 cups flour all-purpose
- 2 tablespoons crystalized ginger finely chopped
- 0.7 cups granulated sugar
- 4 tablespoons ice water

- 2 juice of lemon
- 0.3 teaspoon nutmeg freshly grated
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1 tablespoon sugar
- 6 tablespoons butter unsalted
- 1 teaspoon vanilla extract pure

Equipment

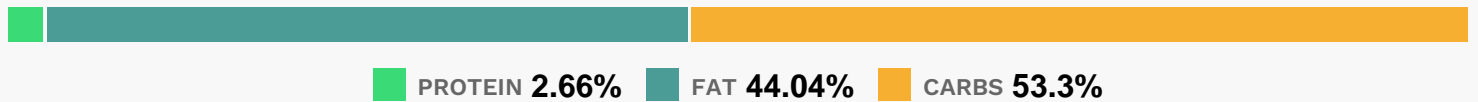
- food processor
- bowl
- frying pan
- oven
- knife
- plastic wrap
- wooden spoon

Directions

- Preheat the oven to 375 degrees F. Toss the pears, nutmeg and half of the lemon juice together in a bowl.
- Melt the butter with the remaining lemon juice, the salt and 3 tablespoons water in a heavy ovenproof 10-inch skillet over medium-high heat.
- Sprinkle the sugar into the skillet and stir to combine. Cook the mixture without stirring, letting it foam and bubble; the butter will separate, which is OK. Watch the mixture carefully while it cooks because once the water evaporates and the sugar begins to change color, things happen quickly. When it becomes the color of light brown sugar, about 10 minutes, remove it from the heat. Stir in the vanilla.
- Being careful not to burn yourself, sprinkle the cranberries and ginger into the caramel. Arrange the pears in the skillet round side-down in concentric circles as nicely as you can, fitting in as many pears as possible.

- Return the skillet to the burner over medium heat and cook until the pears start to soften when you poke them with a knife, 10 to 15 minutes.
- While your pears cook, roll out your Pie Crust on a flour-dusted surface to an 11-inch circle. Cover the crust with plastic wrap and refrigerate until ready to use.
- Lay the crust over the pears, tucking it in around the edge of the skillet with a wooden spoon.
- Bake until the crust is golden brown and firm to the touch, about 30 minutes.
- Allow the tart to cool until you can handle it, about 10 minutes. Put a plate on top of the tart using heatproof pads and flip it over so the pears are on top. Slice and serve warm with creme fraiche, if using.
- Combine the flour, sugar, salt and butter in a food processor and pulse until the butter is evenly distributed but still visible in chunks. While pulsing, add the ice water 1 tablespoon at a time until the dough is just wet enough to hold together when pinched between your fingers. Turn the dough out onto a piece of plastic wrap, form into a disc and refrigerate for 30 minutes or up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:48.37, Glycemic Load:29.83, Inflammation Score:-6, Nutrition Score:7.4491304159164%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg, Epicatechin: 5.33mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 450.3kcal (22.52%), Fat: 22.88g (35.21%), Saturated Fat: 13.96g (87.23%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 56.92g (20.7%), Sugar: 38.23g (42.47%), Cholesterol: 60.02mg (20.01%), Sodium: 534.83mg (23.25%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 3.1g (6.21%), Fiber: 5.39g (21.57%), Vitamin A: 726.09IU (14.52%), Folate: 48.86µg (12.22%), Vitamin B1: 0.18mg (11.83%), Manganese: 0.23mg (11.64%), Vitamin C: 9.21mg (11.16%), Selenium: 7.63µg (10.9%), Vitamin B2: 0.17mg (9.98%), Vitamin K: 8.78µg (8.36%), Copper: 0.16mg (8.1%), Vitamin B3: 1.47mg (7.34%), Iron: 1.24mg (6.87%), Vitamin E: 0.97mg (6.49%), Potassium: 226.35mg (6.47%), Phosphorus: 55.1mg (5.51%), Magnesium: 17.68mg (4.42%), Calcium: 35.98mg (3.6%), Vitamin B6: 0.06mg (3.24%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.36mg (2.42%), Vitamin B12: 0.07µg (1.12%), Vitamin D: 0.16µg (1.05%)