



Upsidedown Berry Crostada

 Vegetarian

READY IN



130 min.

SERVINGS



6

CALORIES



566 kcal

SIDE DISH

Ingredients

- ☐ 30 ounces poached berries mixed frozen thawed
- ☐ 1.5 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup heavy cream
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons ice water
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 lemon zest juiced

- ☐ 0.7 cup mascarpone cheese
- ☐ 2 tablespoons sugar
- ☐ 10 tablespoons butter unsalted chilled cut into 1/2-inch pieces

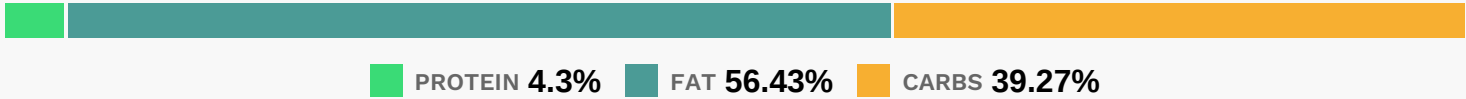
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ To make the crust, combine the flour, sugar, lemon zest, and salt in a food processor and pulse to blend.
- ☐ Add the butter and pulse until the mixture resembles a coarse meal.
- ☐ Add the ice water, 1 tablespoon at a time, and pulse until moist clumps form. Gather the dough into a ball then flatten into a disk. Wrap the dough in plastic and refrigerate until firm, about 1 hour. Preheat the oven to 400 degrees F.
- ☐ Stir together the berries, lemon juice, sugar and cornstarch in a 10-inch diameter round baking dish.
- ☐ Roll out the crust to a 14-inch diameter circle.
- ☐ Place the crust over the berries in the baking dish. Fold the crust over itself until it fits just inside the baking dish.
- ☐ Cut a 2-inch slit in the center of the dough.
- ☐ Bake until the crust is golden and the berries are bubbly, about 40 minutes.
- ☐ Meanwhile, whip together the mascarpone, heavy cream, and honey. Cover and reserve in the refrigerator until ready to serve.
- ☐ To serve, scoop out the crostada into serving dishes and top with the whipped mascarpone.

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:24.56, Inflammation Score:-7, Nutrition Score:10.328695774078%

Flavonoids

Cyanidin: 6.18mg, Cyanidin: 6.18mg, Cyanidin: 6.18mg, Cyanidin: 6.18mg Petunidin: 25.74mg, Petunidin: 25.74mg, Petunidin: 25.74mg, Petunidin: 25.74mg Delphinidin: 30.6mg, Delphinidin: 30.6mg, Delphinidin: 30.6mg, Delphinidin: 30.6mg Malvidin: 70.38mg, Malvidin: 70.38mg, Malvidin: 70.38mg, Malvidin: 70.38mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg, Luteolin: 2.55mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 566.21kcal (28.31%), Fat: 36.18g (55.66%), Saturated Fat: 22.15g (138.44%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 51.84g (18.85%), Sugar: 25.12g (27.91%), Cholesterol: 90.11mg (30.04%), Sodium: 119.9mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin K: 25.4µg (24.19%), Vitamin A: 1193.17IU (23.86%), Manganese: 0.43mg (21.62%), Vitamin B1: 0.3mg (19.67%), Fiber: 4.82g (19.26%), Folate: 68.68µg (17.17%), Selenium: 11.54µg (16.48%), Vitamin B2: 0.25mg (14.42%), Vitamin B3: 2.62mg (13.09%), Iron: 1.79mg (9.93%), Vitamin E: 1.36mg (9.1%), Calcium: 67.69mg (6.77%), Phosphorus: 63.41mg (6.34%), Vitamin C: 4.97mg (6.02%), Vitamin B6: 0.11mg (5.35%), Copper: 0.1mg (5.21%), Magnesium: 15.85mg (3.96%), Potassium: 135.36mg (3.87%), Vitamin B5: 0.38mg (3.84%), Vitamin D: 0.56µg (3.74%), Zinc: 0.4mg (2.66%), Vitamin B12: 0.06µg (1.01%)