



Vanilla Bean and Raspberry Tart

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



742 kcal

DESSERT

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 lemon zest grated
- ☐ 1 vanilla pod split
- ☐ 1 cup butter cold cut into small pieces
- ☐ 3 egg yolk
- ☐ 0.3 cup limoncello

- ☐ 1 cup mascarpone cheese softened
- ☐ 0.5 cup whipping cream
- ☐ 3 tablespoons limoncello
- ☐ 3 tablespoons sugar
- ☐ 1 lemon zest grated
- ☐ 1 vanilla pod split
- ☐ 2 pints raspberries
- ☐ 0.3 cup raspberry jelly

Equipment

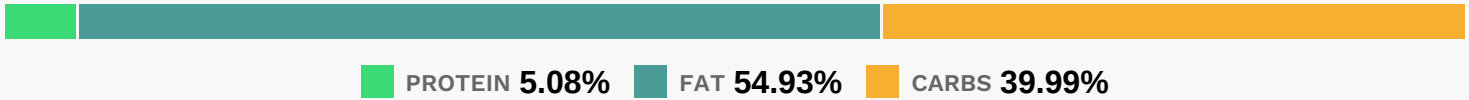
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ tart form
- ☐ pastry brush

Directions

- ☐ In large bowl, mix flour, 1/2 cup sugar, the salt, lemon peel and vanilla bean seeds. Beat in butter with electric mixer on medium speed until mixture looks like small peas. In small bowl, beat egg yolks and 1/4 cup limoncello with whisk. Slowly beat egg mixture into butter mixture. Turn off mixer as soon as dough comes together.
- ☐ Roll into a ball, and wrap in plastic wrap. Refrigerate 1 hour.
- ☐ Heat oven to 425°F. On lightly floured work surface, roll dough into circle big enough to fit in 9-inch tart pan.
- ☐ Place in ungreased pan.
- ☐ Bake about 20 minutes or until crust is golden brown. Cool completely.

- ☐
- To make filling, in large bowl, beat mascarpone, cream, limoncello, sugar, lemon peel, and vanilla bean seeds in electric mixer on medium speed until soft peaks form.
- ☐
- Spread filling in cooled crust. Arrange raspberries on top. Melt jelly in small microwavable bowl uncovered in 20-second intervals, until it melts completely.
- ☐
- Brush jelly over raspberries with pastry brush.

Nutrition Facts



Properties

Glycemic Index:43.27, Glycemic Load:37.71, Inflammation Score:-8, Nutrition Score:16.858695600344%

Flavonoids

Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 741.52kcal (37.08%), Fat: 44.23g (68.05%), Saturated Fat: 26.61g (166.31%), Carbohydrates: 72.45g (24.15%), Net Carbohydrates: 63.47g (23.08%), Sugar: 31.21g (34.68%), Cholesterol: 178.84mg (59.61%), Sodium: 282.31mg (12.27%), Alcohol: 4.15g (100%), Alcohol %: 1.91% (100%), Protein: 9.21g (18.42%), Manganese: 1.07mg (53.33%), Vitamin C: 33.63mg (40.77%), Fiber: 8.98g (35.92%), Vitamin A: 1458.63IU (29.17%), Folate: 108.59µg (27.15%), Selenium: 18.24µg (26.06%), Vitamin B1: 0.36mg (24.19%), Vitamin B2: 0.32mg (18.88%), Iron: 2.89mg (16.05%), Vitamin B3: 3.05mg (15.23%), Vitamin E: 2.03mg (13.56%), Phosphorus: 119.77mg (11.98%), Vitamin K: 11.85µg (11.29%), Calcium: 103.77mg (10.38%), Magnesium: 37.07mg (9.27%), Copper: 0.18mg (8.96%), Vitamin B5: 0.84mg (8.37%), Potassium: 256.86mg (7.34%), Zinc: 1mg (6.64%), Vitamin B6: 0.12mg (5.8%), Vitamin D: 0.6µg (4.02%), Vitamin B12: 0.2µg (3.39%)