



White Balsamic Custard Tart with Fresh Berry Topping

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 1 pint blueberries
- ☐ 2 tablespoons cornstarch
- ☐ 1 large egg yolk
- ☐ 4 large egg yolks
- ☐ 2 large eggs
- ☐ 0.5 pint raspberries

- ☐ 0.3 teaspoon salt
- ☐ 2 large strawberries hulled sliced
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup water
- ☐ 0.5 cup whipping cream
- ☐ 0.5 cup balsamic vinegar white

Equipment

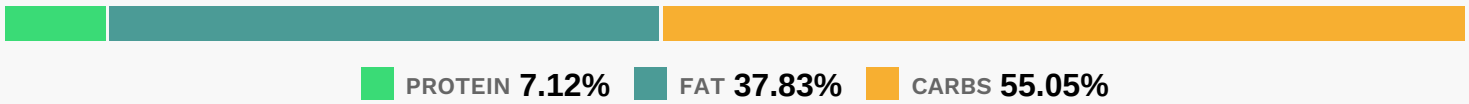
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Combine flour, sugar, and salt in processor; blend 5 seconds.
- ☐ Add butter and blend, using on/off turns, until coarse meal forms.
- ☐ Add egg yolk and cream. Using on/off turns, blend until moist clumps form. Gather dough into ball. Press dough evenly into 9-inch-diameter tart pan with removable bottom. Pierce dough all over with fork. Chill 1 hour.
- ☐ Preheat oven to 375°F.
- ☐ Bake crust until golden, pressing with back of fork if crust bubbles, about 22 minutes. Cool.
- ☐ Stir cream and cornstarch in medium bowl until cornstarch dissolves.
- ☐ Add eggs, egg yolks, and vanilla; whisk to blend.
- ☐ Boil vinegar in heavy medium saucepan until reduced to 1/4 cup, about 3 minutes.

- ☐
- Add 3/4 cup water, sugar, and butter. Stir until butter melts; return to boil. Gradually whisk vinegar mixture into egg mixture; return to pan.
- ☐
- Whisk until custard thickens and boils, about 1 minute. Strain into bowl; cool.
- ☐
- Spread custard in prepared crust. Cover and chill tart at least 3 hours and up to 1 day.
- ☐
- Arrange strawberry slices in star pattern in center of tart. Arrange raspberries in star pattern. Surround with blueberries. Cover loosely and chill until ready to serve. (Can be made up to 6 hours ahead.)

Nutrition Facts



Properties

Glycemic Index:37.64, Glycemic Load:28.66, Inflammation Score:-6, Nutrition Score:11.400000012439%

Flavonoids

Cyanidin: 18.65mg, Cyanidin: 18.65mg, Cyanidin: 18.65mg, Cyanidin: 18.65mg Petunidin: 18.75mg, Petunidin: 18.75mg, Petunidin: 18.75mg, Petunidin: 18.75mg Delphinidin: 21.37mg, Delphinidin: 21.37mg, Delphinidin: 21.37mg, Delphinidin: 21.37mg Malvidin: 40.02mg, Malvidin: 40.02mg, Malvidin: 40.02mg, Malvidin: 40.02mg Pelargonidin: 1.97mg, Pelargonidin: 1.97mg, Pelargonidin: 1.97mg, Pelargonidin: 1.97mg Peonidin: 12.04mg, Peonidin: 12.04mg, Peonidin: 12.04mg, Peonidin: 12.04mg Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 371.14kcal (18.56%), Fat: 15.79g (24.29%), Saturated Fat: 8.52g (53.28%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 47.67g (17.34%), Sugar: 29.28g (32.54%), Cholesterol: 193.31mg (64.44%), Sodium: 106.85mg (4.65%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.69g (13.37%), Manganese: 0.59mg (29.5%), Selenium: 17.24µg (24.63%), Vitamin C: 17.54mg (21.27%), Folate: 69.32µg (17.33%), Vitamin B2: 0.28mg (16.54%), Fiber: 4.02g (16.09%), Vitamin K: 15.01µg (14.3%), Vitamin B1: 0.21mg (14.22%), Vitamin A: 659.16IU (13.18%), Phosphorus: 118.22mg (11.82%), Iron: 1.96mg (10.91%), Vitamin E: 1.33mg (8.88%), Vitamin B5: 0.82mg (8.2%), Vitamin B3: 1.63mg (8.15%), Vitamin D: 1.17µg (7.79%), Vitamin B6: 0.12mg (6.14%), Copper: 0.12mg (6.1%), Vitamin

B12: 0.35µg (5.9%), Zinc: 0.83mg (5.54%), Potassium: 185.13mg (5.29%), Calcium: 52.47mg (5.25%), Magnesium: 20.7mg (5.17%)