



Winter-Fruit Tart with Caramel Ice Cream

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



368 kcal

DESSERT

Ingredients

- ☐ 4 ounces apples dried coarsely chopped
- ☐ 0.5 cup apple juice (almond-flavored liqueur)
- ☐ 0.3 cup brown sugar packed
- ☐ 12 servings whipped cream
- ☐ 8 ounces apricot dried sliced
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 1 tablespoon granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 tablespoons water
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 6 tablespoons stick margarine chilled cut into small pieces
- ☐ 2 teaspoons vanilla extract
- ☐ 1.5 cups water

Equipment

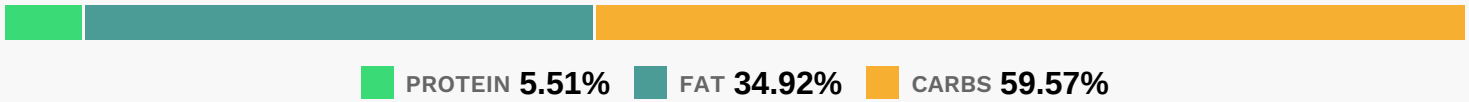
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ To prepare fruit mixture, combine first 6 ingredients in a medium saucepan. Bring to a boil; cook 1 minute.
- ☐ Remove from heat. Stir in 1 tablespoon butter and vanilla; cover and let stand 10 minutes.
- ☐ Preheat oven to 37
- ☐ To prepare crust, lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Place flour, granulated sugar, cinnamon, and salt in a food processor; pulse 3 times or until combined.
- ☐ Add chilled butter; pulse 10 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined (do not form a ball). Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.

- ☐ Roll dough, still covered, into a 14-inch circle; freeze 5 minutes or until plastic wrap can be easily removed.
- ☐ Remove 1 sheet of plastic wrap; fit dough into a 10-inch pie plate or quiche dish coated with cooking spray, allowing dough to extend over edge of dish.
- ☐ Remove top sheet of plastic wrap. Spoon fruit mixture into pastry. Fold dough over the fruit mixture, pressing gently to seal (pastry will partially cover fruit mixture). Coat dough with cooking spray.
- ☐ Bake at 375 for 50 minutes or until pastry is crisp (shield fruit mixture with foil if it begins to burn).
- ☐ Serve warm with Caramel Ice Cream.

Nutrition Facts



Properties

Glycemic Index:31.16, Glycemic Load:26.87, Inflammation Score:-7, Nutrition Score:8.515652158986%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 367.65kcal (18.38%), Fat: 14.54g (22.37%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 55.81g (18.6%), Net Carbohydrates: 52.95g (19.25%), Sugar: 36.7g (40.78%), Cholesterol: 29.04mg (9.68%), Sodium: 189.59mg (8.24%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 5.16g (10.32%), Vitamin A: 1273IU (25.46%), Vitamin B2: 0.28mg (16.6%), Potassium: 448.83mg (12.82%), Vitamin B1: 0.18mg (11.88%), Fiber: 2.87g (11.47%), Phosphorus: 113.44mg (11.34%), Selenium: 7.92µg (11.31%), Calcium: 111.85mg (11.19%), Manganese: 0.22mg (11.19%), Folate: 39.17µg (9.79%), Iron: 1.59mg (8.84%), Vitamin E: 1.32mg (8.81%), Vitamin B3: 1.74mg (8.7%), Copper: 0.14mg (7.06%), Vitamin B5: 0.6mg (5.96%), Magnesium: 23.69mg (5.92%), Vitamin B6: 0.1mg (4.78%), Zinc: 0.69mg (4.6%), Vitamin B12: 0.27µg (4.43%), Vitamin C: 1.33mg (1.61%), Vitamin K: 1.28µg (1.22%)