



Winter-Garden Fruit Tart

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon apricot preserves melted
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cornstarch
- ☐ 12 ounce cranberries fresh
- ☐ 0.5 cup apricots dried chopped
- ☐ 1 large egg white lightly beaten
- ☐ 2.3 cups flour all-purpose divided

- ☐ 1 cup golden raisins
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 10 tablespoons skim milk
- ☐ 0.3 cup vegetable oil

Equipment

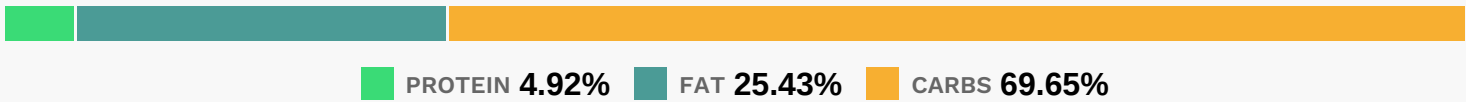
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Place butter in a small saucepan; cook over medium heat 3 minutes or until lightly browned, stirring frequently.
- ☐ Pour browned butter into a small bowl. Stir in oil and 1 cup flour. Cover; freeze 30 minutes or until firm.

- ☐ Combine 1 1/4 cups flour, 2 tablespoons granulated sugar, and salt in a large bowl; set aside.
- ☐ Preheat oven to 42
- ☐ Break oil mixture into small pieces, and cut into flour mixture using a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle milk, 1 tablespoon at a time, over surface; toss with a fork until moist. Press mixture gently into a 6-inch circle on 2 sheets of slightly overlapping plastic wrap, and cover with additional sheets of plastic wrap.
- ☐ Roll dough, still covered, into a 13-inch circle.
- ☐ Remove top sheets of plastic wrap; fit dough, uncovered side down, into an 11-inch tart pan coated with cooking spray.
- ☐ Remove bottom sheets of plastic wrap. Fold edges under, and press against sides of pan.
- ☐ Brush bottom of dough with egg white, and sprinkle with pecans; set aside.
- ☐ Combine raisins and next 9 ingredients (raisins through cranberries) in a large bowl; add orange juice, and stir well. Spoon fruit mixture into prepared crust.
- ☐ Brush edges of crust with preserves.
- ☐ Place tart pan on a large baking sheet.
- ☐ Bake at 425 for 10 minutes. Reduce heat to 350 (do not remove tart from oven), and bake an additional 30 minutes or until the crust is golden brown. Cool tart on a wire rack.

Nutrition Facts



Properties

Glycemic Index:35.66, Glycemic Load:23.32, Inflammation Score:-4, Nutrition Score:6.5391303845074%

Flavonoids

Cyanidin: 10.24mg, Cyanidin: 10.24mg, Cyanidin: 10.24mg, Cyanidin: 10.24mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Epigallocatechin 3–gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 260.91kcal (13.05%), Fat: 7.63g (11.74%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 47.03g (15.68%), Net Carbohydrates: 44.65g (16.24%), Sugar: 27.85g (30.95%), Cholesterol: 4.04mg (1.35%), Sodium: 96.21mg (4.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Manganese: 0.44mg (21.96%), Vitamin B1: 0.18mg (11.83%), Selenium: 7.13µg (10.19%), Fiber: 2.38g (9.53%), Vitamin C: 7.85mg (9.51%), Folate: 36.71µg (9.18%), Vitamin B2: 0.14mg (8.41%), Vitamin K: 8.11µg (7.73%), Iron: 1.33mg (7.4%), Vitamin B3: 1.37mg (6.86%), Copper: 0.14mg (6.83%), Potassium: 212.2mg (6.06%), Phosphorus: 56.98mg (5.7%), Vitamin E: 0.85mg (5.69%), Vitamin A: 244.02IU (4.88%), Magnesium: 17.08mg (4.27%), Vitamin B6: 0.08mg (3.76%), Calcium: 35.72mg (3.57%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.4mg (2.67%)