



Almond and Grain Tart (Pastiera di Mandorle)

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



489 kcal

DESSERT

Ingredients

- 1.5 cups blanched almonds and sliced
- 0.5 teaspoon cinnamon
- 0.5 cup cracked wheat
- 1 large eggs beaten
- 6 eggs separated
- 2 cups flour
- 2 cups ricotta fresh
- 0.5 cup orange blossom honey

- 2 tablespoons orange-flower water
- 0.5 cup sugar
- 0.8 cup sugar
- 3 tablespoons butter unsalted with 3 tablespoons extra-virgin olive oil and cooled melted
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- oven
- whisk
- hand mixer
- spatula
- tart form

Directions

- Mound the flour on a pastry board. Make a well in the flour and place the egg, yolks, sugar, butter and olive oil mixture, and the vanilla in the center. Proceed as you would with fresh pasta, bringing the flour in bit by bit from the sides. When the dough comes together, knead until smooth, then allow to rest 10 minutes. The dough will be very soft; chill if necessary.
- Preheat the oven to 350 degrees F.
- Roll the dough out to a 12-inch circle with a thickness of 1/8-inch. Fit the pastry to the inside of a 10-inch tart pan and set aside. In a large bowl, combine the ricotta, almonds, cracked wheat, sugar, orange flower water and cinnamon and mix well to combine.
- Add the egg yolks and mix to incorporate completely. In a separate large bowl, whip the egg whites to soft peaks with a whisk or electric mixer. Carefully fold the egg whites into the ricotta mixture with a spatula.
- Pour the mixture into the pastry and bake for 45 to 50 minutes, until the crust is golden and the filling is solid. When cooled, slice and serve with the honey.

Nutrition Facts



■ PROTEIN 13.29% ■ FAT 43.36% ■ CARBS 43.35%

Properties

Glycemic Index:24.72, Glycemic Load:31.66, Inflammation Score:-5, Nutrition Score:14.474782612013%

Nutrients (% of daily need)

Calories: 488.98kcal (24.45%), Fat: 24.11g (37.09%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 54.24g (18.08%), Net Carbohydrates: 50.81g (18.48%), Sugar: 26.15g (29.06%), Cholesterol: 141.86mg (47.29%), Sodium: 84.39mg (3.67%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 16.62g (33.25%), Selenium: 25.48µg (36.4%), Vitamin E: 5.45mg (36.34%), Vitamin B2: 0.49mg (28.71%), Phosphorus: 277.82mg (27.78%), Manganese: 0.54mg (27.24%), Folate: 75.79µg (18.95%), Calcium: 168.96mg (16.9%), Vitamin B1: 0.25mg (16.81%), Magnesium: 64.54mg (16.14%), Iron: 2.76mg (15.33%), Fiber: 3.43g (13.71%), Copper: 0.26mg (13.08%), Zinc: 1.69mg (11.28%), Vitamin B3: 2.21mg (11.03%), Vitamin A: 389.4IU (7.79%), Potassium: 269.28mg (7.69%), Vitamin B5: 0.73mg (7.3%), Vitamin B12: 0.44µg (7.28%), Vitamin B6: 0.1mg (5.25%), Vitamin D: 0.72µg (4.79%), Vitamin K: 3.27µg (3.12%)