



Almond, Apricot, and Cherry Tart

READY IN



45 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 3 tablespoons almond paste packed crumbled
- ☐ 22 ounces apricots pitted quartered
- ☐ 3 tablespoons cake flour
- ☐ 20 cherries pitted halved
- ☐ 1 large eggs
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons sugar divided

- ☐ 3.5 tablespoons butter unsalted room temperature
- ☐ 0.3 cup almonds whole toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ tart form

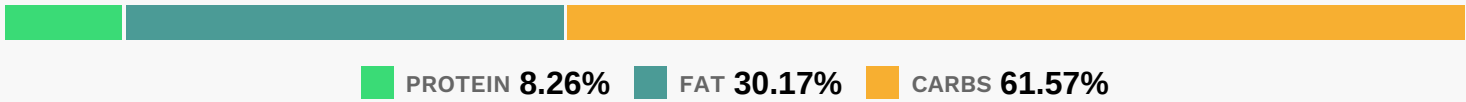
Directions

- ☐ Blend first 3 ingredients in processor until almonds are finely ground. Using electric mixer, beat butter and powdered sugar in medium bowl until blended. Beat in egg.
- ☐ Add flour mixture; beat until blended. Gather dough into ball; flatten into square. Wrap in plastic; refrigerate 1 hour.
- ☐ Roll out dough on floured surface to 10-inch square.
- ☐ Transfer to 9-inch square tart pan with removable bottom; press crust over bottom and up sides of pan. Trim any excess dough. Pierce crust all over with fork; chill at least 2 hours. (Can be made 1 day ahead. Cover; keep chilled.)
- ☐ Preheat oven to 350°F. Using electric mixer, beat almond paste and 4 tablespoons sugar in medium bowl until fine meal forms, about 3 minutes.
- ☐ Add butter; beat until almost smooth.
- ☐ Add egg; beat until smooth. Beat in flour.
- ☐ Spread filling evenly in unbaked crust. Arrange apricot quarters on sides with rounded side up in rows atop filling.
- ☐ Place cherry halves between apricots.
- ☐ Sprinkle remaining 2 tablespoons sugar over fruit.
- ☐ Bake tart 30 minutes. Reduce oven temperature to 325°F.
- ☐ Bake until crust is golden and filling is puffed and golden, about 30 minutes longer. Cool tart in pan on rack at least 1 hour.

☐

Serve tart warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.72, Glycemic Load:24.08, Inflammation Score:-8, Nutrition Score:11.119565212208%

Flavonoids

Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg, Cyanidin: 6.19mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 313.74kcal (15.69%), Fat: 10.84g (16.68%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 46.09g (16.76%), Sugar: 26.17g (29.07%), Cholesterol: 36.42mg (12.14%), Sodium: 84.31mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin A: 1701.26IU (34.03%), Manganese: 0.44mg (22.25%), Vitamin E: 3.28mg (21.84%), Selenium: 11.63µg (16.61%), Vitamin B2: 0.28mg (16.54%), Vitamin B1: 0.23mg (15.65%), Folate: 61.7µg (15.42%), Fiber: 3.71g (14.83%), Vitamin C: 9.2mg (11.15%), Vitamin B3: 2.22mg (11.08%), Phosphorus: 107.97mg (10.8%), Iron: 1.92mg (10.68%), Copper: 0.21mg (10.32%), Magnesium: 40.57mg (10.14%), Potassium: 346.93mg (9.91%), Calcium: 48.15mg (4.81%), Zinc: 0.72mg (4.79%), Vitamin B5: 0.48mg (4.78%), Vitamin B6: 0.08mg (4.22%), Vitamin K: 3.52µg (3.35%), Vitamin D: 0.22µg (1.45%), Vitamin B12: 0.07µg (1.1%)