



## Almond Apricot Tart

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



412 kcal

DESSERT

## Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 6 apricot halves fresh canned
- ☐ 6 tablespoons butter
- ☐ 8 servings confectioners' sugar for garnish
- ☐ 1 eggs
- ☐ 1.5 tablespoons flour
- ☐ 1 sheet puff pastry frozen thawed
- ☐ 0.7 cup slivered almonds toasted

- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup almonds whole

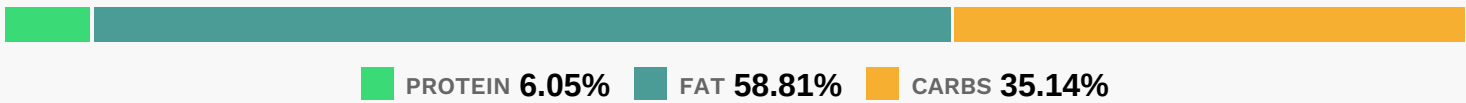
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ rolling pin

## Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ To make the frangipane, place the almonds and the sugar in a food processor and grind until sandy.
- ☐ Add the butter and continue mixing then add the egg, vanilla, and the flour and mix until smooth.
- ☐ To make the tart, on a floured work surface pass your rolling pin over the pastry just to flatten any ridges.
- ☐ Place it on a parchment paper lined sheet pan and cut out a 9-inch disk.
- ☐ Spread the almond frangipane in the center of the tart leaving a 1-inch border. Firmly place the apricot halves into the frangipane spacing them evenly around the tart. Dot the spaces between the apricots with the whole almonds.
- ☐ Bake until golden brown on the top and puffy, about 30 to 40 minutes.
- ☐ Sprinkle with powdered sugar and serve.

## Nutrition Facts



## Properties

Glycemic Index:39.09, Glycemic Load:15.19, Inflammation Score:-6, Nutrition Score:9.2804347587668%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 411.52kcal (20.58%), Fat: 27.57g (42.42%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 34.36g (12.5%), Sugar: 19.44g (21.6%), Cholesterol: 43.03mg (14.35%), Sodium: 152.27mg (6.62%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 6.39g (12.77%), Vitamin E: 4.15mg (27.66%), Manganese: 0.49mg (24.49%), Vitamin B2: 0.29mg (17.04%), Vitamin A: 798.11IU (15.96%), Selenium: 10.36µg (14.8%), Vitamin B1: 0.17mg (11.41%), Magnesium: 45.1mg (11.27%), Fiber: 2.71g (10.82%), Phosphorus: 104.14mg (10.41%), Vitamin B3: 2.01mg (10.07%), Copper: 0.2mg (10.07%), Folate: 37.65µg (9.41%), Iron: 1.56mg (8.66%), Vitamin K: 6.55µg (6.24%), Potassium: 197.71mg (5.65%), Calcium: 48.71mg (4.87%), Zinc: 0.73mg (4.85%), Vitamin C: 2.63mg (3.18%), Vitamin B6: 0.05mg (2.47%), Vitamin B5: 0.23mg (2.28%), Vitamin B12: 0.07µg (1.11%)