



Almond-Pear Tart

READY IN



45 min.

SERVINGS



10

CALORIES



442 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 4 ounces almond paste crumbled
- 0.5 cup apricot preserves
- 0.3 cup brandy divided
- 1 large eggs
- 0.3 cup flour all-purpose divided
- 6.5 tablespoons butter divided softened
- 2 pears red unpeeled thinly sliced
- 15 ounce pie crust dough refrigerated

- 5 tablespoons sugar divided
- 1 teaspoon vanilla extract
- 10 servings garnish: whipped cream sweetened sliced
- 1 tablespoon whipping cream

Equipment

- frying pan
- sauce pan
- oven
- wire rack
- sieve
- blender
- tart form

Directions

- Unfold piecrusts; stack on a lightly floured surface.
- Roll into a 12-inch circle. Fit into a 10-inch tart pan with removable bottom; trim excess pastry.
- Beat 4 tablespoons butter, almond paste, 1 tablespoon sugar, 2 tablespoons brandy, 1/3 cup flour, and next 3 ingredients at medium speed with a mixer until blended; spread in crust.
- Toss together 2 tablespoons sugar and pear; arrange in circles, overlapping slices, on top of filling.
- Cook preserves in a saucepan over low heat until melted.
- Pour through a fine wire-mesh strainer, discarding solids. Stir in 1 tablespoon butter, remaining 2 tablespoons brandy, and cream; drizzle over pears.
- Combine remaining 2 tablespoons sugar, and remaining 2 tablespoons flour; cut in remaining 1 1/2 tablespoons butter with a fork until blended.
- Sprinkle evenly over pears.
- Bake at 400 on bottom rack 40 minutes. Cool in pan on wire rack 15 minutes.
- Garnish, if desired.

Nutrition Facts

PROTEIN 4.82% FAT 49.82% CARBS 45.36%

Properties

Glycemic Index:25.18, Glycemic Load:8.48, Inflammation Score:-5, Nutrition Score:7.1373911940533%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 441.86kcal (22.09%), Fat: 24.04g (36.98%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 49.25g (16.42%), Net Carbohydrates: 46.39g (16.87%), Sugar: 19.31g (21.46%), Cholesterol: 24.85mg (8.28%), Sodium: 274.08mg (11.92%), Alcohol: 2.18g (100%), Alcohol %: 1.98% (100%), Protein: 5.23g (10.46%), Manganese: 0.34mg (16.96%), Vitamin E: 2.17mg (14.49%), Folate: 50.96µg (12.74%), Fiber: 2.86g (11.44%), Vitamin B1: 0.17mg (11.27%), Vitamin B2: 0.19mg (10.97%), Iron: 1.7mg (9.45%), Selenium: 6.28µg (8.98%), Vitamin A: 449.23IU (8.98%), Phosphorus: 87.47mg (8.75%), Vitamin B3: 1.63mg (8.15%), Copper: 0.14mg (6.84%), Magnesium: 26.7mg (6.68%), Calcium: 46.47mg (4.65%), Vitamin K: 4.86µg (4.63%), Potassium: 153.67mg (4.39%), Zinc: 0.52mg (3.5%), Vitamin B5: 0.33mg (3.3%), Vitamin C: 2.61mg (3.16%), Vitamin B6: 0.05mg (2.62%), Vitamin B12: 0.07µg (1.22%)