



Apricot Nut Tart



Vegetarian



Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 1 cup blanched almonds and
- ☐ 2 tablespoons butter melted
- ☐ 12 servings butter pastry
- ☐ 6 oz apricots dried
- ☐ 3 large eggs
- ☐ 1 cup hazelnuts whole
- ☐ 0.7 cup honey divided
- ☐ 0.7 cup dessert wine such as orange muscat divided (or orange juice)

- ☐ 0.5 teaspoon orange zest shredded finely
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ In a saucepan, simmer apricots, 1/3 cup wine, the orange zest, and 2 tbsp. honey over low heat, uncovered, stirring occasionally, until apricots are soft and liquid is absorbed, 10 to 25 minutes.
- ☐ Meanwhile, preheat oven to 350
- ☐ Put hazelnuts and almonds in 2 separate shallow 9-in. pans.
- ☐ Bake until nuts are golden, shaking occasionally, about 10 minutes.
- ☐ Pour hazelnuts into a towel and rub to remove as much skin as possible; discard skin.
- ☐ In a bowl, whisk eggs, remaining wine and honey, vanilla, and butter until blended. Stir in nuts.
- ☐ Press pastry over bottom and up side of a 10- to 11-in. tart pan with removable rim. Distribute apricots evenly over pastry.
- ☐ Pour nut mixture over fruit, arranging evenly.
- ☐ Bake tart on bottom rack of oven until golden brown, 50 to 55 minutes. Cool in pan on a rack, then remove pan rim.
- ☐ Serve dolloped with whipped cream if you like.
- ☐ Make ahead: Cover and chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:10.82, Inflammation Score:-6, Nutrition Score:9.7413043405699%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 297.95kcal (14.9%), Fat: 18.76g (28.86%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 25.77g (9.37%), Sugar: 24.04g (26.71%), Cholesterol: 62.27mg (20.76%), Sodium: 69.09mg (3%), Alcohol: 1.27g (100%), Alcohol %: 1.86% (100%), Protein: 5.91g (11.83%), Manganese: 0.86mg (43.06%), Vitamin E: 4.89mg (32.6%), Copper: 0.34mg (17.18%), Vitamin A: 764.7IU (15.29%), Magnesium: 50.83mg (12.71%), Fiber: 3.08g (12.33%), Phosphorus: 116.47mg (11.65%), Vitamin B2: 0.16mg (9.59%), Potassium: 330.55mg (9.44%), Iron: 1.49mg (8.27%), Selenium: 4.95µg (7.07%), Vitamin B1: 0.09mg (6.12%), Folate: 24.32µg (6.08%), Vitamin B6: 0.11mg (5.74%), Zinc: 0.82mg (5.46%), Calcium: 53.84mg (5.38%), Vitamin B3: 0.95mg (4.75%), Vitamin B5: 0.41mg (4.11%), Vitamin K: 2.41µg (2.3%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.25µg (1.67%), Vitamin C: 0.98mg (1.19%)