



Apricot-Nut Tart

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



673 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds
- ☐ 12 servings garnishes: almonds toasted chopped
- ☐ 2 tablespoons all-natural apricot nectar
- ☐ 0.5 cup apricots dried diced
- ☐ 1.3 cups firmly brown sugar light divided packed
- ☐ 0.3 cup butter melted
- ☐ 6 tablespoons butter
- ☐ 0.5 cup plus light

- ☐ 4 large eggs divided
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 1 cup pecans
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup walnuts

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Chop first 3 ingredients coarsely.
- ☐ Place in a shallow pan.
- ☐ Bake at 350 for 5 to 7 minutes or until toasted, stirring once. Set aside.
- ☐ Pulse flour, 1/4 cup brown sugar, and 6 tablespoons butter in a food processor 7 to 8 times or until mixture is crumbly.
- ☐ Add 1 egg; pulse 4 to 5 times or until dough forms a ball. Press dough into bottom and up sides of an 11-inch tart pan with removable bottom. Freeze 2 hours.
- ☐ Stir together remaining 1 cup brown sugar, remaining 3 eggs, apricots, and next 5 ingredients. Stir in nuts; pour into crust.
- ☐ Bake at 350 on bottom oven rack for 35 to 40 minutes or until set. Cool on a wire rack.
- ☐ Serve with ice cream, if desired.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.78, Glycemic Load:12.25, Inflammation Score:-8, Nutrition Score:22.613043803236%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg, Epigallocatechin: 1.55mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 673.48kcal (33.67%), Fat: 44.46g (68.4%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 60.98g (20.33%), Net Carbohydrates: 53.45g (19.44%), Sugar: 39.01g (43.34%), Cholesterol: 62mg (20.67%), Sodium: 151.28mg (6.58%), Alcohol: 0.37g (100%), Alcohol %: 0.31% (100%), Protein: 15.16g (30.33%), Manganese: 1.8mg (90.19%), Vitamin E: 11.71mg (78.05%), Vitamin B2: 0.67mg (39.21%), Copper: 0.75mg (37.55%), Magnesium: 148.58mg (37.15%), Phosphorus: 315.76mg (31.58%), Fiber: 7.53g (30.12%), Vitamin B1: 0.32mg (21%), Selenium: 13.42µg (19.17%), Iron: 3.38mg (18.76%), Folate: 67.19µg (16.8%), Calcium: 167.85mg (16.79%), Zinc: 2.4mg (16%), Potassium: 525.83mg (15.02%), Vitamin A: 744.32IU (14.89%), Vitamin B3: 2.84mg (14.18%), Vitamin B6: 0.18mg (9.11%), Vitamin B5: 0.72mg (7.19%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.33µg (2.22%), Vitamin C: 1.35mg (1.64%)