



Apricot & raspberry tart

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 3 large sheets dough (or 6 small)
- ☐ 2 tbsp butter melted
- ☐ 3 tbsp apricots
- ☐ 6 apricots ripe roughly sliced
- ☐ 85 g raspberries
- ☐ 2 tsp sugar

Equipment

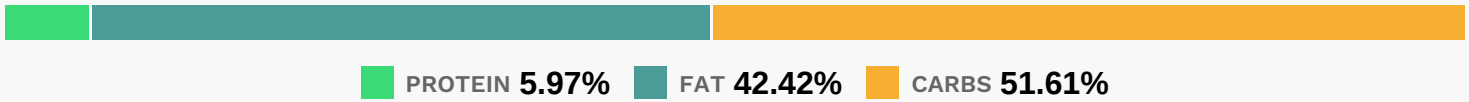
- ☐ oven

☐ baking pan

Directions

- ☐ Let the filo come to room temperature for about 10 mins before use. Put a baking tray into the oven and heat oven to 200C/180C fan/gas
- ☐ Brush each large sheet of filo with melted butter, layer on top of each other, then fold in half so you have a smaller rectangle 6 layers thick. If using small sheets just stack on top of each other. Fold in the edges of the pastry base to make a 2cm border, then spread the apricot conserve inside the border. Carefully slide the pastry base on to the hot baking tray and bake for 5 mins.
- ☐ Remove from oven, arrange apricots over the tart and brush with any leftover melted butter.
- ☐ Bake for another 10 mins, then scatter on raspberries and sprinkle with sugar.
- ☐ Bake for a final 10 mins until the pastry is golden brown and crisp.

Nutrition Facts



Properties

Glycemic Index:66.86, Glycemic Load:6.92, Inflammation Score:-7, Nutrition Score:5.9378260510123%

Flavonoids

Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 143.17kcal (7.16%), Fat: 7.01g (10.78%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 16.25g (5.91%), Sugar: 8.94g (9.93%), Cholesterol: 15.27mg (5.09%), Sodium: 115.35mg (5.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin A: 1409.09IU (28.18%), Vitamin C:

11.93mg (14.46%), Manganese: 0.26mg (12.96%), Fiber: 2.92g (11.69%), Vitamin B1: 0.1mg (6.89%), Vitamin E: 0.93mg (6.18%), Potassium: 209.06mg (5.97%), Folate: 22.94µg (5.73%), Vitamin B3: 1.09mg (5.46%), Selenium: 3.51µg (5.01%), Vitamin B2: 0.08mg (4.99%), Iron: 0.85mg (4.75%), Vitamin K: 4.61µg (4.39%), Copper: 0.08mg (4.16%), Magnesium: 13.31mg (3.33%), Phosphorus: 33.18mg (3.32%), Vitamin B5: 0.27mg (2.73%), Vitamin B6: 0.05mg (2.53%), Zinc: 0.29mg (1.95%), Calcium: 16.87mg (1.69%)