



Apricot Tart

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



375 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1.5 pounds apricots sliced
- ☐ 1 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 15 oz piecrusts refrigerated
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Line baking sheet with parchment paper; coat parchment paper with cooking spray.
- ☐ Preheat oven to 350
- ☐ Stir together apricots and next 3 ingredients in a large bowl.
- ☐ Let stand 30 minutes, stirring occasionally.
- ☐ Unroll piecrust on prepared baking sheet.
- ☐ Roll into a 12-inch circle.
- ☐ Drain apricot mixture, reserving liquid. Toss apricots in flour.
- ☐ Mound apricots in center of piecrust, leaving a 3-inch border. Fold piecrust border up and over apricots, pleating as you go, leaving an opening about 5 inches wide in center.
- ☐ Stir together egg and 1 Tbsp. water.
- ☐ Brush piecrust with egg mixture, and sprinkle with 1 Tbsp. sugar.
- ☐ Bake at 350 for 45 minutes or until filling is bubbly and crust is golden. Carefully transfer tart on parchment paper to a wire rack; cool 20 minutes.
- ☐ Meanwhile, bring reserved apricot liquid to a boil in a small saucepan over medium heat. Boil 1 to 2 minutes or until slightly thickened.
- ☐ Let cool slightly.
- ☐ Brush or drizzle 1 to 2 Tbsp. hot apricot liquid over exposed fruit in center of tart.
- ☐ Serve immediately with remaining apricot syrup, and, if desired, Sweet Cream Topping.

Nutrition Facts



PROTEIN 5.69% **FAT 35.1%** **CARBS 59.21%**

Properties

Glycemic Index:32.11, Glycemic Load:13.52, Inflammation Score:-8, Nutrition Score:8.3960868690325%

Flavonoids

Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg, Epicatechin: 4.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 375.29kcal (18.76%), Fat: 14.86g (22.86%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 56.4g (18.8%), Net Carbohydrates: 53.32g (19.39%), Sugar: 26.2g (29.11%), Cholesterol: 23.25mg (7.75%), Sodium: 231.28mg (10.06%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 5.42g (10.84%), Vitamin A: 1692.53IU (33.85%), Manganese: 0.31mg (15.71%), Folate: 49.61µg (12.4%), Fiber: 3.08g (12.34%), Vitamin B1: 0.18mg (12.11%), Vitamin C: 9.37mg (11.36%), Iron: 1.92mg (10.68%), Vitamin B3: 2.01mg (10.06%), Vitamin B2: 0.16mg (9.58%), Potassium: 290.08mg (8.29%), Selenium: 5.63µg (8.05%), Vitamin E: 1.08mg (7.2%), Phosphorus: 71.55mg (7.15%), Vitamin K: 6.71µg (6.39%), Copper: 0.12mg (6.16%), Vitamin B5: 0.52mg (5.21%), Magnesium: 17.89mg (4.47%), Vitamin B6: 0.09mg (4.28%), Zinc: 0.5mg (3.36%), Calcium: 26.96mg (2.7%)