



WHATSheATE



Apricot tart with brown sugar & cinnamon pastry



Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 200 g flour plain for dusting
- ☐ 2 tsp cinnamon
- ☐ 140 g butter cold cut into small chunks
- ☐ 85 g muscovado sugar light
- ☐ 1 eggs separated
- ☐ 1 tbsp polenta
- ☐ 700 g apricots halved

☐ 1 tbsp little demerara sugar

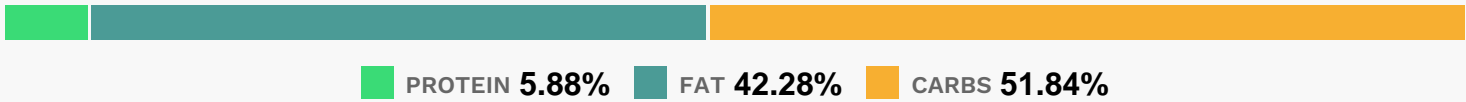
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the flour and cinnamon in a food processor, then add the butter. Process to make fine crumbs. Reserve 2 tbsp of the sugar, then add the remainder and briefly mix.
- ☐ Add the egg yolk and 1 tbsp water, then pulse to make a firm dough. Turn out onto a lightly floured surface and briefly knead. Wrap in cling film and chill for 30 mins.
- ☐ Toss apricots in the reserved sugar.
- ☐ Roll out pastry on a sheet of baking parchment to a roughly 30cm round. Slide the paper and pastry onto a large baking sheet.
- ☐ Sprinkle the central 20cm with the polenta, then cover with apricot halves, cut sides up. Flop edges of the pastry over the apricots, leaving the centre uncovered. Lightly beat egg white and brush over the pastry.
- ☐ Sprinkle with remaining sugar, then bake for 30–35 mins until the pastry is crisp and the apricots tender.

Nutrition Facts



Properties

Glycemic Index:28.61, Glycemic Load:22.84, Inflammation Score:-9, Nutrition Score:12.369130404099%

Flavonoids

Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epicatechin: 5.53mg, Epicatechin: 5.53mg, Epicatechin: 5.53mg, Epicatechin: 5.53mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 425.26kcal (21.26%), Fat: 20.43g (31.44%), Saturated Fat: 12.31g (76.95%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 52.65g (19.15%), Sugar: 26.67g (29.63%), Cholesterol: 77.45mg (25.82%), Sodium: 166.41mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Vitamin A: 2875.82IU (57.52%), Manganese: 0.48mg (24.12%), Selenium: 14.38µg (20.55%), Vitamin B1: 0.3mg (20.21%), Folate: 75.92µg (18.98%), Vitamin B2: 0.25mg (14.93%), Fiber: 3.72g (14.88%), Vitamin C: 11.7mg (14.18%), Vitamin B3: 2.73mg (13.65%), Iron: 2.33mg (12.95%), Vitamin E: 1.7mg (11.31%), Potassium: 378.99mg (10.83%), Phosphorus: 85.31mg (8.53%), Copper: 0.16mg (7.77%), Vitamin B5: 0.59mg (5.94%), Magnesium: 22.63mg (5.66%), Vitamin K: 5.88µg (5.6%), Calcium: 50.59mg (5.06%), Vitamin B6: 0.1mg (5.02%), Zinc: 0.61mg (4.07%), Vitamin B12: 0.1µg (1.75%)