



Apricot Tart with Honey and Almonds

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 45.8 ounce apricots unpeeled drained well canned
- ☐ 0.5 cup blanched almonds and whole
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs
- ☐ 2 large egg yolk
- ☐ 3 tablespoons honey
- ☐ 12 servings pastry crust

- ☐ 0.3 cup powdered sugar
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 1 piece vanilla pod split
- ☐ 0.7 cup milk whole

Equipment

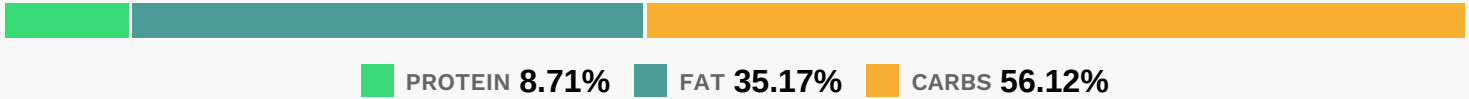
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Pour milk into small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer.
- ☐ Remove from heat.
- ☐ Whisk yolks, 3 tablespoons sugar and cornstarch in bowl to blend. Gradually whisk milk mixture into yolk mixture. Return to pan.
- ☐ Whisk over medium heat until custard thickens and boils, about 2 minutes.
- ☐ Transfer to bowl; cool. Discard vanilla bean. (Can be made 2 days ahead. Cover; chill.)
- ☐ Preheat oven to 400°F.
- ☐ Roll out pastry on floured surface to 14-inch round.
- ☐ Transfer to 11-inch-diameter tart pan with removable bottom. Press crust into pan. Trim edges to 1/2-inch overhang; fold in and press, forming double-thick sides. Freeze crust until firm, about 20 minutes.
- ☐ Bake until light golden, about 20 minutes. Cool. Maintain oven temperature.
- ☐ Finely grind almonds and powdered sugar in processor.

- ☐ Add cooled custard; blend using on/off turns. Blend in butter, then whole egg, extract and salt.
- ☐ Pour into crust; smooth top. Arrange apricot halves, round side up, atop filling.
- ☐ Bake tart until filling is set and golden, about 45 minutes.
- ☐ Remove from oven.
- ☐ Drizzle honey over. Return to oven for 3 minutes. Cool completely in pan.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:12.35, Inflammation Score:-9, Nutrition Score:9.8273912616398%

Flavonoids

Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 241.5kcal (12.07%), Fat: 9.79g (15.06%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 32.07g (11.66%), Sugar: 21.55g (23.95%), Cholesterol: 57.89mg (19.3%), Sodium: 110.41mg (4.8%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.45g (10.91%), Vitamin A: 2285.53IU (45.71%), Vitamin E: 2.45mg (16.32%), Manganese: 0.28mg (13.91%), Vitamin C: 10.83mg (13.13%), Fiber: 3.05g (12.22%), Vitamin B2: 0.2mg (11.93%), Selenium: 7.97µg (11.39%), Vitamin B1: 0.16mg (10.65%), Potassium: 361.99mg (10.34%), Phosphorus: 98.6mg (9.86%), Folate: 35.34µg (8.84%), Copper: 0.17mg (8.3%), Vitamin B3: 1.63mg (8.16%), Iron: 1.38mg (7.68%), Magnesium: 30.14mg (7.54%), Vitamin B5: 0.54mg (5.41%), Calcium: 52.66mg (5.27%), Vitamin B6: 0.1mg (4.84%), Zinc: 0.66mg (4.37%), Vitamin K: 4.45µg (4.23%), Vitamin D: 0.46µg (3.04%), Vitamin B12: 0.17µg (2.89%)