



Bakewell Tart with Raspberry Preserves

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



405 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup almonds salted
- ☐ 4 large egg yolk
- ☐ 3 tablespoons water ()
- ☐ 10 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.8 cup raspberry jam
- ☐ 1 pinch salt

- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted cooled melted (1 stick)
- ☐ 0.5 vanilla pod split

Equipment

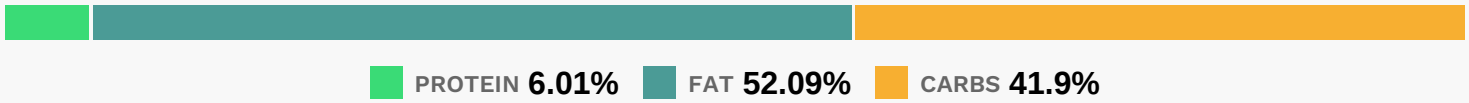
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour, sugar, and salt in processor 5 seconds.
- ☐ Add butter. Using on/off turns, cut in until very coarse meal forms.
- ☐ Add 3 tablespoons ice water. Blend until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic wrap; chill 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled. Soften briefly at room temperature before rolling.
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough on floured surface to 12- to 13-inch round.
- ☐ Transfer dough to 9-inch tart pan with removable bottom.
- ☐ Cut off all but 1/2 inch of overhang and fold in, pressing dough to come 1/4 to 1/3 inch higher than pan sides. Freeze crust until firm, about 10 minutes.
- ☐ Line crust with foil and dried beans or pie weights.
- ☐ Bake crust until sides are set, about 25 minutes.
- ☐ Remove foil and beans. Continue to bake until crust is pale golden, piercing with fork if crust bubbles, 12 to 15 minutes longer. Cool on rack 30 minutes. Reduce oven temperature to 350°F.

- ☐ Spread raspberry preserves evenly over bottom of crust. Scrape seeds from vanilla bean halves into medium bowl.
- ☐ Add sugar and blend with back of fork to distribute vanilla seeds evenly.
- ☐ Add butter, egg yolks, egg whites, almond extract, and salt; whisk to blend. Finely grind almonds in processor; stir into filling.
- ☐ Pour filling into crust.
- ☐ Bake tart until browned on top and set in center, 30 to 35 minutes. Cool on rack until just slightly warm, about 45 minutes.
- ☐ Push up tart pan bottom to release tart.
- ☐ Serve slightly warm or at room temperature with whipped cream.
- ☐ * Tender Spanish almonds that are usually sold roasted and salted; available at specialty foods stores and natural foods stores and from latienda.com.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:25.25, Inflammation Score:-5, Nutrition Score:9.0904346911804%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 404.96kcal (20.25%), Fat: 23.93g (36.82%), Saturated Fat: 10.5g (65.62%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 40.83g (14.85%), Sugar: 24.15g (26.83%), Cholesterol: 118.39mg (39.46%), Sodium: 23.04mg (1%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 6.22g (12.44%), Vitamin E: 4.14mg (27.6%), Manganese: 0.45mg (22.42%), Vitamin B2: 0.3mg (17.73%), Selenium: 10.37µg (14.82%), Vitamin A: 599.34IU (11.99%), Folate: 47.96µg (11.99%), Phosphorus: 119.75mg (11.98%), Vitamin B1: 0.17mg (11.24%), Magnesium: 43.69mg

(10.92%), Copper: 0.2mg (10.19%), Fiber: 2.49g (9.96%), Iron: 1.57mg (8.74%), Vitamin B3: 1.46mg (7.28%), Calcium: 68.16mg (6.82%), Zinc: 0.74mg (4.93%), Potassium: 151.66mg (4.33%), Vitamin D: 0.54µg (3.58%), Vitamin B5: 0.36mg (3.56%), Vitamin C: 2.33mg (2.83%), Vitamin B6: 0.06mg (2.79%), Vitamin B12: 0.15µg (2.53%)