



Benne Seed-Topped Peach Tart

 Vegetarian

READY IN



140 min.

SERVINGS



12

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 3 large eggs
- ☐ 0.5 cup bennecake flour (see "Pantry Key," below)
- ☐ 1 cup flour all-purpose
- ☐ 12 cups peaches fresh peeled sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons benne seeds (sesame) (see "Pantry Key," below)

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1.3 cups sugar
- ☐ 0.5 teaspoon vanilla extract

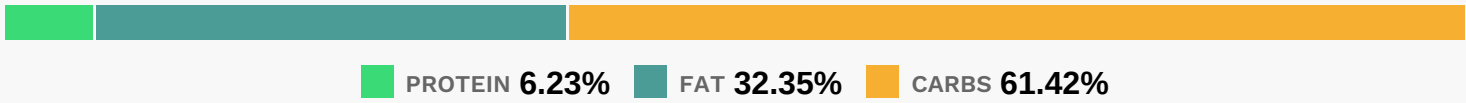
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Sift together flours, salt, and baking soda.
- ☐ Add flour mixture to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla.
- ☐ Place peach slices in a lightly greased 12-inch cast-iron skillet; pour batter over peaches.
- ☐ Sprinkle with benne seeds.
- ☐ Bake at 350 for 1 hour and 25 minutes to 1 hour and 35 minutes or until a wooden pick inserted in center comes out clean; let stand 10 minutes before serving.
- ☐ **Pantry Key.** Benne seed: The Lowcountry cousin to the sesame seed, brought to the South from West Africa; used throughout the Sea Islands in desserts and breads. Bennecake flour: Benne seeds stone-milled into flour. Order from Anson Mills (ansonmills.com), which specializes in heirloom grains.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:29.47, Inflammation Score:-6, Nutrition Score:7.9139131100281%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 317.19kcal (15.86%), Fat: 11.76g (18.09%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 47.44g (17.25%), Sugar: 35.55g (39.5%), Cholesterol: 72.49mg (24.16%), Sodium: 210.4mg (9.15%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 5.1g (10.19%), Selenium: 12.95µg (18.5%), Vitamin A: 865.61IU (17.31%), Vitamin B2: 0.21mg (12.1%), Fiber: 2.81g (11.24%), Folate: 44.57µg (11.14%), Vitamin B1: 0.17mg (11.13%), Vitamin B3: 2.19mg (10.93%), Manganese: 0.21mg (10.33%), Vitamin E: 1.52mg (10.14%), Phosphorus: 85.07mg (8.51%), Iron: 1.49mg (8.27%), Vitamin C: 6.4mg (7.76%), Copper: 0.16mg (7.75%), Potassium: 236.81mg (6.77%), Vitamin B5: 0.54mg (5.38%), Vitamin K: 5.51µg (5.25%), Magnesium: 18.43mg (4.61%), Zinc: 0.67mg (4.45%), Vitamin B6: 0.07mg (3.54%), Calcium: 27.75mg (2.78%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.25µg (1.67%)