



Caramel-Nut Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1 large eggs separated
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 tablespoon honey
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons orange peel finely grated
- ☐ 2.5 ounces pinenuts lightly toasted
- ☐ 0.3 cup powdered sugar

- ☐ 2.5 ounces roasted cashews unsalted
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons butter unsalted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 ounces walnut pieces lightly toasted
- ☐ 0.3 cup water

Equipment

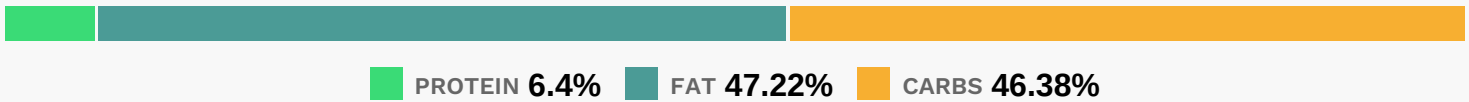
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pastry brush

Directions

- ☐ Using electric mixer, beat butter, powdered sugar, and salt in medium bowl to blend.
- ☐ Add egg yolk and cream; beat until smooth.
- ☐ Add flour and beat just until dough comes together. Turn dough out on lightly floured surface and knead briefly to combine. Gather dough into ball; flatten into disk. Wrap in plastic and freeze until firm, about 15 minutes.
- ☐ Roll out dough on lightly floured surface to 12-inch round.
- ☐ Transfer to 9-inch diameter tart pan with removable bottom. Gently fit dough into pan, trimming all but 1/2 inch of overhang. Fold overhang in, forming double-thick sides. Pierce bottom of crust all over with fork. Freeze 30 minutes.
- ☐ Preheat oven to 350°F. Line crust with foil. Fill with dried beans or pie weights.
- ☐ Bake until sides are set, about 20 minutes.
- ☐ Remove foil with beans.

- ☐ Bake crust until golden, pressing with back of fork if crust bubbles, about 20 minutes longer.
- ☐ Meanwhile, whisk egg white in small bowl until thick and foamy.
- ☐ Brush hot crust lightly with some beaten egg white and place on rack to cool. Maintain oven temperature.
- ☐ Stir sugar and 1/4 cup water in heavy medium saucepan over low heat until sugar dissolves. Increase heat to medium-high and bring to boil, brushing down sides of pan with wet pastry brush. Cook until syrup is deep amber, swirling pan occasionally, about 9 minutes.
- ☐ Remove from heat and pour in juice, then cream.
- ☐ Whisk over low heat until smooth.
- ☐ Whisk in butter, honey, orange peel, vanilla, and salt. Stir in cashews, pine nuts, and walnuts.
- ☐ Pour filling into crust.
- ☐ Bake tart until filling is bubbling thickly all over, about 22 minutes. Cool tart completely on rack. DO AHEAD: Can be made 1 day ahead. Cover with foil and store at room temperature.
- ☐ Cut tart into wedges and serve.

Nutrition Facts



Properties

Glycemic Index: 33.67, Glycemic Load: 32.05, Inflammation Score: -6, Nutrition Score: 12.533913130346%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 462.56kcal (23.13%), Fat: 25.08g (38.58%), Saturated Fat: 7.24g (45.26%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 53.53g (19.47%), Sugar: 33g (36.67%), Cholesterol: 47.58mg (15.86%), Sodium: 89.13mg (3.88%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 7.65g (15.29%), Manganese: 1.32mg (66.15%), Copper: 0.5mg (25.17%), Vitamin B1: 0.28mg (18.5%), Phosphorus: 173.72mg (17.37%), Selenium: 12.08µg (17.26%), Magnesium: 67.44mg (16.86%), Folate: 66.86µg (16.72%), Iron: 2.54mg (14.1%), Vitamin B2: 0.23mg (13.78%), Zinc: 1.64mg (10.93%), Vitamin B3: 2.05mg (10.26%), Vitamin E: 1.27mg (8.48%), Vitamin K: 8.91µg (8.48%), Fiber: 1.89g (7.57%), Vitamin A: 361.82IU (7.24%), Potassium: 209.94mg (6%), Vitamin C: 4.84mg (5.87%), Vitamin

B6: 0.11mg (5.48%), Vitamin B5: 0.45mg (4.45%), Calcium: 34.18mg (3.42%), Vitamin D: 0.42µg (2.77%), Vitamin B12: 0.09µg (1.42%)