



Caramelized Pistachio, Walnut, and Almond Tart

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



434 kcal

DESSERT

Ingredients

- 1.8 cups flour
- 3 ounces almonds toasted sliced
- 0.3 cup brown sugar packed ()
- 0.1 teaspoon ground cloves
- 0.3 cup honey
- 2 tablespoons water ()
- 1 teaspoon orange zest grated

- 0.8 cup pistachios unsalted shelled toasted (scant 4 ounces)
- 0.3 cup powdered sugar
- 1.5 teaspoons rosewater
- 1 teaspoon salt (scant)
- 0.5 cup sugar
- 10 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- 0.8 cup walnut pieces toasted coarsely chopped (scant 4 ounces)
- 1 cup cup heavy whipping cream (do not use heavy whipping cream)

Equipment

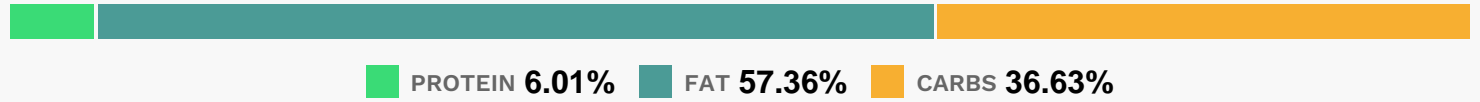
- frying pan
- sauce pan
- oven
- tart form

Directions

- Blend flour, powdered sugar, salt, and ground cloves in processor.
- Add butter and orange peel. Using on/off turns, process until mixture resembles coarse meal.
- Add 2 tablespoons ice water and process until moist clumps form, adding more ice water by teaspoonfuls if mixture is dry.
- Transfer dough to 10- to 10 1/2-inch tart pan with removable bottom. Press dough evenly onto bottom and up sides of pan. Freeze crust 25 minutes.
- Preheat oven to 350°F.
- Combine cream, both sugars, and honey in heavy medium saucepan. Bring to boil, stirring until sugar dissolves. Continue to boil until mixture darkens and thickens slightly, about 4 minutes.
- Remove from heat. Stir in all nuts and rose water. Spoon filling evenly into crust.
- Bake tart until filling is caramel brown and bubbling thickly and crust is golden, about 38 minutes.
- Transfer tart to rack and cool completely in pan. Carefully remove pan sides from tart.

- Place tart on platter. (Can be prepared 3 days ahead. Cover and store at room temperature.)
- Cut tart into wedges and serve at room temperature.
- *Available at some supermarkets, specialty foods stores, and Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:20.45, Glycemic Load:19.32, Inflammation Score:-6, Nutrition Score:9.687826068505%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 433.66kcal (21.68%), Fat: 28.62g (44.04%), Saturated Fat: 11.73g (73.3%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 38.43g (13.97%), Sugar: 23.54g (26.16%), Cholesterol: 47.49mg (15.83%), Sodium: 202.99mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Manganese: 0.65mg (32.55%), Vitamin B1: 0.25mg (16.95%), Vitamin E: 2.51mg (16.72%), Copper: 0.33mg (16.29%), Vitamin B2: 0.24mg (14.15%), Phosphorus: 131.57mg (13.16%), Vitamin A: 617.27IU (12.35%), Folate: 48.95µg (12.24%), Selenium: 8.26µg (11.81%), Magnesium: 46.3mg (11.57%), Fiber: 2.7g (10.79%), Vitamin B6: 0.2mg (9.95%), Iron: 1.72mg (9.55%), Vitamin B3: 1.55mg (7.74%), Potassium: 214.75mg (6.14%), Calcium: 57.87mg (5.79%), Zinc: 0.82mg (5.48%), Vitamin D: 0.49µg (3.28%), Vitamin B5: 0.27mg (2.7%), Vitamin K: 1.73µg (1.65%), Vitamin C: 0.91mg (1.1%)