



WHATSheATE



Cherry-Almond-Pear Crostata



Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients



1.5 cups flour all-purpose



2 tablespoons sugar



0.3 teaspoon salt



0.5 cup butter unsalted cold



1 eggs



2 tablespoons water cold



0.8 cup sugar



6 tablespoons butter unsalted cold cut into small pieces

- ☐ 8 oz almond paste canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cardamom
- ☐ 5 cups pears ripe peeled sliced (5 medium)
- ☐ 0.5 cup cherries dried
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon sugar

Equipment

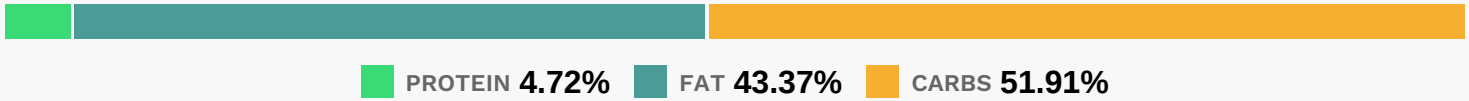
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Heat oven to 425°F. In medium bowl, mix 1 1/2 cups flour, 2 tablespoons sugar and the salt.
- ☐ Cut in 1/2 cup butter, using pastry blender, until particles are size of small peas. In small bowl, mix egg and 2 tablespoons of the water; sprinkle over flour mixture, 1 tablespoon at a time, tossing with fork until all flour is moistened and dough almost leaves side of bowl (up to 1 tablespoon more water can be added). Gather dough into a ball; shape into flattened 5-inch disk. Wrap in plastic wrap; refrigerate 30 minutes.
- ☐ On floured surface, roll pastry into 13-inch round.
- ☐ Place on ungreased cookie sheet.
- ☐ In food processor, place 1/4 cup of the sugar, 1/4 cup of the butter pieces and the almond paste. Cover; process with on-and-off pulses until crumbly. Between pieces of plastic wrap, form mixture into a disk; roll to 10-inch round.
- ☐ Place over center of crust.

- ☐ In large bowl, mix remaining 1/2 cup sugar, 3 tablespoons flour and the cardamom. Stir in pears to coat.
- ☐ Mix in cherries and lemon juice. Spoon pear mixture over almond layer to within 3 inches of edge. Dot with 2 tablespoons remaining butter pieces. Fold 2-inch edge of crust up over pear mixture, pleating crust.
- ☐ Brush crust edge with water; sprinkle with 1 tablespoon sugar.
- ☐ Bake 35 to 40 minutes or until pears are tender and crust is brown. Cool 20 minutes.
- ☐ Cut into wedges; serve warm.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:35.2, Inflammation Score:-7, Nutrition Score:11.929130460905%

Flavonoids

Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 581.83kcal (29.09%), Fat: 28.88g (44.43%), Saturated Fat: 13.66g (85.4%), Carbohydrates: 77.79g (25.93%), Net Carbohydrates: 71.86g (26.13%), Sugar: 47.35g (52.61%), Cholesterol: 73.54mg (24.51%), Sodium: 88.94mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.15%), Vitamin E: 4.6mg (30.65%), Manganese: 0.49mg (24.57%), Fiber: 5.92g (23.7%), Folate: 79.48µg (19.87%), Vitamin A: 940.85IU (18.82%), Vitamin B2: 0.31mg (18.33%), Selenium: 12.27µg (17.52%), Vitamin B1: 0.25mg (16.36%), Phosphorus: 130.64mg (13.06%), Copper: 0.26mg (12.99%), Magnesium: 51.12mg (12.78%), Iron: 2.1mg (11.66%), Vitamin B3: 2.13mg (10.66%), Calcium: 78.32mg (7.83%), Potassium: 250.46mg (7.16%), Vitamin C: 5.09mg (6.17%), Vitamin K: 6.25µg (5.95%), Zinc: 0.81mg (5.37%), Vitamin D: 0.48µg (3.2%), Vitamin B5: 0.31mg (3.1%), Vitamin B6: 0.06mg (3.1%), Vitamin B12: 0.09µg (1.52%)