



Cherry frangipane tart

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



758 kcal

DESSERT

Ingredients

- ☐ 200 g flour plain
- ☐ 25 ml semolina (to give extra crunch)
- ☐ 100 g butter unsalted diced
- ☐ 1 tbsp sugar
- ☐ 1 eggs beaten
- ☐ 140 g brown sugar
- ☐ 140 g almond flour
- ☐ 140 g butter melted

- ☐ 1 egg yolk
- ☐ 2 tbsp kirsch liqueur
- ☐ 500 g cherries
- ☐ 2 tbsp cherries
- ☐ 6 servings crème fraîche

Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ To make the pastry, process the flour (or flour and semolina, which gives it extra crunch) and butter, then add the sugar, followed by the beaten egg and just enough water (about 2 tbsp) to form a dough. Shape into a disc, wrap in cling film and leave to rest in the fridge for 20 mins.
- ☐ Meanwhile, to make the filling, place the sugar, ground almonds, butter, egg and egg yolk in a bowl and mix to make a creamy paste. Stir in the kirsch or Armagnac. Chill for at least 20 mins.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Roll the pastry out onto a floured surface and use to line a 23cm loose-bottomed tart tin. Fill with lightly greased foil and baking beans and bake for 20–25 mins, removing foil after 15 mins, until golden.
- ☐ Spread the almond paste onto the base of the pastry and bake for 25 mins until golden and crisp. When the tart comes out of the oven, arrange the cherries on top in a single layer.
- ☐ Heat the cherry conserve with 1 tbsp water until smooth, then brush over the cherries. Leave to cool before removing from the tin.
- ☐ Cut into wedges to serve, adding a spoonful of crme frache if you like.

Nutrition Facts



Properties

Glycemic Index:51.35, Glycemic Load:23.6, Inflammation Score:-7, Nutrition Score:11.487391274908%

Flavonoids

Cyanidin: 26.66mg, Cyanidin: 26.66mg, Cyanidin: 26.66mg, Cyanidin: 26.66mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 1.32mg, Peonidin: 1.32mg, Peonidin: 1.32mg, Peonidin: 1.32mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.41mg, Epicatechin: 4.41mg, Epicatechin: 4.41mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 757.98kcal (37.9%), Fat: 48.35g (74.39%), Saturated Fat: 23.19g (144.93%), Carbohydrates: 72.27g (24.09%), Net Carbohydrates: 66.93g (24.34%), Sugar: 37.31g (41.46%), Cholesterol: 152.76mg (50.92%), Sodium: 174.74mg (7.6%), Alcohol: 1.67g (100%), Alcohol %: 0.88% (100%), Protein: 11.76g (23.52%), Selenium: 19µg (27.14%), Vitamin A: 1213.71IU (24.27%), Vitamin B1: 0.32mg (21.48%), Fiber: 5.34g (21.37%), Folate: 79.89µg (19.97%), Iron: 3.27mg (18.17%), Vitamin B2: 0.29mg (17.31%), Manganese: 0.33mg (16.45%), Vitamin B3: 2.34mg (11.7%), Calcium: 115.06mg (11.51%), Phosphorus: 104.61mg (10.46%), Potassium: 306.24mg (8.75%), Vitamin E: 1.22mg (8.12%), Vitamin C: 6.29mg (7.62%), Vitamin B5: 0.66mg (6.56%), Copper: 0.13mg (6.55%), Magnesium: 23.55mg (5.89%), Vitamin B6: 0.1mg (4.98%), Vitamin K: 4.98µg (4.74%), Zinc: 0.57mg (3.83%), Vitamin D: 0.56µg (3.72%), Vitamin B12: 0.22µg (3.62%)