

Cherry Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup cherry preserves
- ☐ 2.5 ounces bing cherries dried sweet chopped ()
- ☐ 1 large eggs
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup natural pistachios unsalted chopped
- ☐ 1 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 1 cup butter unsalted chilled cut into 1/2-inch cubes (2 sticks)
- ☐ 2 tablespoons milk whole

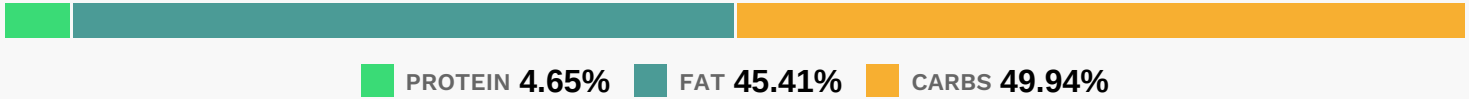
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ tart form

Directions

- ☐ Combine flour, sugar, and salt in processor; blend 5 seconds.
- ☐ Add butter and cut in, using on/off turns, until mixture resembles fine meal.
- ☐ Add egg and process just until moist clumps form. Gather dough into ball; divide in half. Flatten each half into disk. Wrap in plastic and chill until firm enough to roll, about 1 hour. (Can be prepared 1 day ahead. Keep chilled.)
- ☐ Position rack in bottom third of oven and preheat to 325°F.
- ☐ Mix preserves, chopped cherries, peel, and almond extract in medium bowl.
- ☐ Roll out 1 dough disk on lightly floured surface to 11-inch round.
- ☐ Transfer round to 9-inch-diameter tart pan with removable bottom. Press dough gently into pan; trim overhang even with top of pan sides.
- ☐ Spread filling in crust; sprinkle with pistachios.
- ☐ Roll out second dough disk on lightly floured surface to 11-inch round; cut into 3/4-inch-wide strips. Arrange several strips, spaced 3/4 inch apart, over filling. Top with more strips at slight angle, forming lattice. Press strip ends to edge of pan, trimming overhang.
- ☐ Beat egg and whole milk in small bowl to blend.
- ☐ Brush some of glaze over lattice crust; sprinkle with 2 tablespoons sugar.
- ☐ Bake tart until crust is golden brown and cherry filling is bubbling thickly, about 1 hour 5 minutes. Cool tart completely in pan on rack. (Tart can be prepared 1 day ahead. Cover and store at room temperature.)

Nutrition Facts



Properties

Glycemic Index:25.61, Glycemic Load:28.3, Inflammation Score:-6, Nutrition Score:6.7669565573983%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 406.62kcal (20.33%), Fat: 20.66g (31.78%), Saturated Fat: 12.09g (75.54%), Carbohydrates: 51.13g (17.04%), Net Carbohydrates: 49.08g (17.85%), Sugar: 23.05g (25.61%), Cholesterol: 67.76mg (22.59%), Sodium: 255.87mg (11.12%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 4.75g (9.51%), Vitamin A: 863.55IU (17.27%), Selenium: 11.2µg (16.01%), Vitamin B1: 0.23mg (15.56%), Folate: 54.1µg (13.53%), Manganese: 0.22mg (11.22%), Vitamin B2: 0.19mg (11.15%), Iron: 1.66mg (9.21%), Fiber: 2.04g (8.17%), Vitamin B3: 1.55mg (7.73%), Phosphorus: 66.92mg (6.69%), Copper: 0.12mg (5.89%), Vitamin E: 0.71mg (4.72%), Vitamin B6: 0.08mg (4.06%), Vitamin C: 3.29mg (3.99%), Calcium: 32.41mg (3.24%), Vitamin D: 0.47µg (3.16%), Magnesium: 12.03mg (3.01%), Potassium: 101.7mg (2.91%), Vitamin B5: 0.25mg (2.45%), Zinc: 0.36mg (2.41%), Vitamin B12: 0.1µg (1.65%), Vitamin K: 1.69µg (1.61%)