



Cream Tart with Oranges, Honey, and Toasted-Almond Crust

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 8 servings butter) butter unsalted diced chilled melted for pan plus 6 tablespoons (3/4 stick
- ☐ 4.5 teaspoons cornstarch
- ☐ 1 large egg yolk
- ☐ 3 large egg yolks
- ☐ 0.3 teaspoon gelatin powder plain unflavored
- ☐ 0.5 cup heavy whipping cream chilled
- ☐ 8 servings honey

- ☐ 0.5 teaspoon orange peel finely grated
- ☐ 3 oranges
- ☐ 0.8 teaspoon salt (scant)
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons water
- ☐ 0.8 cup almonds whole cooled toasted
- ☐ 1 cup milk whole

Equipment

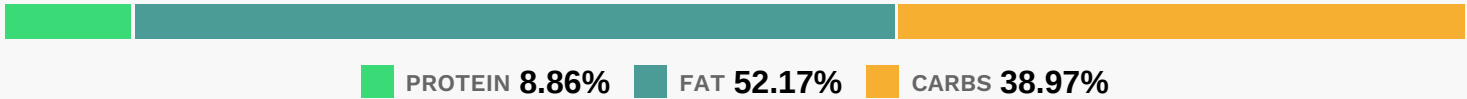
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ tart form

Directions

- ☐ Brush melted butter over bottom(not sides) of 9-inch-diameter tart pan withremovable bottom. Blend flour, almonds,sugar, and salt in processor until nuts arefinely ground.
- ☐ Add 6 tablespoons dicedbutter. Blend until mixture resembles coarsemeal.
- ☐ Add yolk. Blend until dough comestogether in moist clumps. Press doughevenly onto bottom and up sides of pan.Pierce dough all over with fork. Freeze untilfirm, at least 30 minutes. DO AHEAD: Can bemade 1 day ahead. Keep frozen.
- ☐ Preheat oven to 400°F.
- ☐ Bake crust untildeep golden brown (crust will puff slightly),about 18 minutes.
- ☐ Transfer crust to rack andcool completely.
- ☐ Place 2teaspoons water in small cup.
- ☐ Sprinkleleglatin over.

- ☐ Let stand until gelatin softens,10 to 12 minutes.
- ☐ Whisk yolks, sugar, cornstarch, andorange peel in medium bowl to blend. Bringmilk to simmer in heavy medium saucepanover medium heat. Gradually whisk hot milkinto yolk mixture. Return to same saucepan.
- ☐ Whisk until custard thickens and boils,about 2 minutes.
- ☐ Remove from heat.
- ☐ Addgelatin mixture and whisk until dissolvedand custard is smooth.
- ☐ Transfer custard to another mediumbowl.
- ☐ Let cool to room temperature, stirringoccasionally, about 30 minutes (custard willbe very thick).
- ☐ Beat cream in medium bowl until peaksform.
- ☐ Whisk custard until smooth. Foldwhipped cream into custard in 3 additions.
- ☐ Transfer filling to crust. Chill tart until fillingsets, at least 3 hours and up to 8 hours.
- ☐ Cut 1/3 inch off top and bottom of eachorange. Stand 1 orange on flat end.
- ☐ Cutoff all peel and pith, following contour offruit. Working over bowl, cut betweenmembranes, releasing orange segments.
- ☐ Gently slide tip of small knife betweencrust and sides of pan to loosen crust. Pushup tart pan bottom, releasing tart.
- ☐ Cut tart into wedges.
- ☐ Transfer toplates. Arrange several orange segmentsatop each wedge of tart; drizzle with honeyand serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:42.23, Glycemic Load:16.47, Inflammation Score:-6, Nutrition Score:11.812608633352%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg Naringenin: 7.58mg, Naringenin: 7.58mg, Naringenin: 7.58mg, Naringenin: 7.58mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 325.63kcal (16.28%), Fat: 19.54g (30.06%), Saturated Fat: 7.91g (49.41%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 29.63g (10.78%), Sugar: 19.14g (21.27%), Cholesterol: 123.02mg (41.01%), Sodium: 270.97mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Vitamin C: 26.43mg (32.03%), Vitamin E: 4.02mg (26.77%), Vitamin B2: 0.35mg (20.66%), Manganese: 0.41mg (20.59%), Phosphorus: 158.3mg (15.83%), Selenium: 10.78µg (15.4%), Folate: 55.45µg (13.86%), Vitamin B1: 0.2mg (13.18%), Fiber: 3.21g (12.83%), Vitamin A: 626.78IU (12.54%), Magnesium: 49.16mg (12.29%), Calcium: 117.92mg (11.79%), Copper: 0.19mg (9.61%), Potassium: 274.2mg (7.83%), Iron: 1.38mg (7.67%), Vitamin D: 1.03µg (6.88%), Vitamin B3: 1.37mg (6.86%), Vitamin B5: 0.65mg (6.54%), Zinc: 0.91mg (6.09%), Vitamin B12: 0.36µg (6.05%), Vitamin B6: 0.11mg (5.43%)