



Creamy Peach Tart with Smoky Almond Crust

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds smoked
- ☐ 8 ounces cream cheese softened
- ☐ 1 eggs
- ☐ 2 medium peaches firm ripe peeled cut into thin wedges
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 4 tablespoons butter unsalted melted
- ☐ 5 ounces vanilla wafers such as nilla wafers

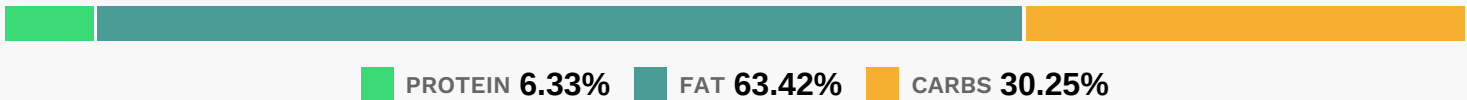
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ springform pan

Directions

- ☐ Preheat the oven to 35
- ☐ In a food processor, combine the vanilla wafers with the almonds and 2 tablespoons of the sugar and process until fine.
- ☐ Add the melted butter and pulse until the crumbs are evenly moistened. Press the crumbs into the bottom and 1/2 inch up the side of a 9-inch springform pan.
- ☐ Bake for 10 minutes, until the crust is set.
- ☐ Meanwhile, wipe out the food processor bowl.
- ☐ Add the cream cheese, sour cream, egg and 2 tablespoons of the sugar and process until smooth.
- ☐ Pour the custard into the crust and bake for 15 minutes, until set.
- ☐ Let the tart cool slightly and transfer to the freezer to chill, about 15 minutes.
- ☐ In a bowl, toss the peaches with the remaining 2 tablespoons of sugar. Arrange the peaches in 2 concentric circles over the custard.
- ☐ Remove the ring, cut the tart into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:11.22, Glycemic Load:6.38, Inflammation Score:-3, Nutrition Score:2.7217391314714%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 137.97kcal (6.9%), Fat: 10g (15.39%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.96g (3.62%), Sugar: 6.68g (7.43%), Cholesterol: 27.42mg (9.14%), Sodium: 70.43mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin E: 1.22mg (8.14%), Vitamin B2: 0.1mg (6.12%), Vitamin A: 300.99IU (6.02%), Manganese: 0.09mg (4.66%), Phosphorus: 42.82mg (4.28%), Selenium: 2.26µg (3.23%), Magnesium: 12.48mg (3.12%), Fiber: 0.77g (3.08%), Vitamin B1: 0.04mg (2.99%), Folate: 11.02µg (2.76%), Copper: 0.05mg (2.66%), Calcium: 26.05mg (2.6%), Vitamin B3: 0.45mg (2.25%), Potassium: 72.78mg (2.08%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.15mg (1.51%), Iron: 0.24mg (1.32%)