



Crisp Apricot Fruit Tart

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon almonds sliced
- ☐ 7 apricots halved
- ☐ 1 large eggs
- ☐ 1 cup almond flour
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 cup part-skim ricotta
- ☐ 7 sheets dough frozen thawed
- ☐ 1 cup blackberries assorted

- ☐ 0.5 cup sugar raw
- ☐ 0.5 teaspoon sea salt
- ☐ 2 tablespoons butter unsalted melted

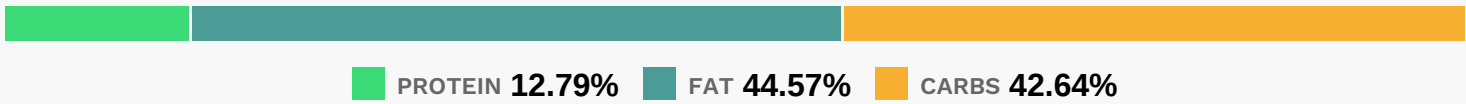
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Preheat oven to 400 with rack in the center. Line large baking sheet with parchment paper. In a medium bowl, combine ricotta, 1/2 cup sugar, salt, egg, and ground almonds. Reserve.
- ☐ Combine cinnamon and remaining 2 TBSP sugar. Unroll the phyllo; transfer 1 sheet to the prepared baking sheet. Using a pastry brush, brush very lightly with some of the melted butter; sprinkle with some cinnamon-sugar.
- ☐ Layer, brush, and sprinkle remaining 6 sheets phyllo on top (don't worry if phyllo tears).
- ☐ Brush edges with any remaining butter. Crimp edges to create a border.
- ☐ Spread ricotta filling in prepared tart. Scatter the apricots, berries, and sliced almonds over the top.
- ☐ Bake until the crust is golden brown (35-45 minutes).
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.97, Glycemic Load:3.66, Inflammation Score:-5, Nutrition Score:6.2013044149979%

Flavonoids

Cyanidin: 14.42mg, Cyanidin: 14.42mg, Cyanidin: 14.42mg, Cyanidin: 14.42mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 6.25mg, Catechin: 6.25mg, Catechin: 6.25mg, Catechin: 6.25mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 228.88kcal (11.44%), Fat: 11.72g (18.03%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 22.25g (8.09%), Sugar: 13.45g (14.94%), Cholesterol: 32.31mg (10.77%), Sodium: 219.65mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.13%), Vitamin A: 695.78IU (13.92%), Manganese: 0.26mg (12.97%), Selenium: 8.94µg (12.77%), Fiber: 2.98g (11.91%), Calcium: 110.24mg (11.02%), Vitamin B2: 0.14mg (8.24%), Phosphorus: 79.84mg (7.98%), Iron: 1.33mg (7.4%), Vitamin C: 5.49mg (6.65%), Vitamin B1: 0.09mg (6.11%), Folate: 23.63µg (5.91%), Vitamin E: 0.79mg (5.3%), Vitamin K: 4.47µg (4.26%), Vitamin B3: 0.85mg (4.23%), Zinc: 0.63mg (4.2%), Potassium: 146.74mg (4.19%), Copper: 0.08mg (4.05%), Magnesium: 14.78mg (3.7%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.12µg (2.02%), Vitamin B6: 0.04mg (1.85%), Vitamin D: 0.17µg (1.11%)