



Easy Plum Tart

READY IN



55 min.

SERVINGS



8

CALORIES



533 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 6 tablespoons butter unsalted diced
- ☐ 0.5 juice of lemon
- ☐ 2 pounds plums pitted halved
- ☐ 1 sheet puff pastry frozen thawed (half of a 17.3-ounce package)
- ☐ 0.8 cup sugar plus more for sprinkling
- ☐ 1 vanilla pod split
- ☐ 8 servings whipped cream for serving

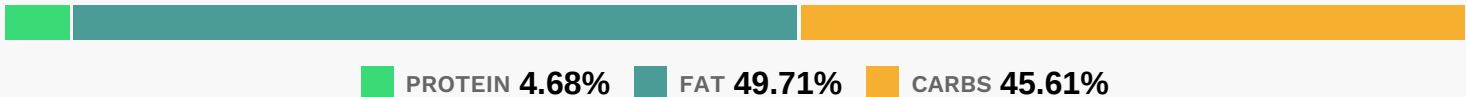
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Lay the pastry on a floured surface and cut in half.
- ☐ Sprinkle one piece with the almonds and some sugar; lay the other piece on top. Press together with a rolling pin to make a 6-by-14-inch rectangle. Score a 1-inch border with a knife. Pierce the middle with a fork and make small slits with a knife.
- ☐ Transfer to a baking sheet lined with parchment paper, brush with water and bake until golden, 20 to 25 minutes. Cool on a rack.
- ☐ Stir 3/4 cup sugar, 2 tablespoons water and the lemon juice in a heavy pan. Cover and cook over medium-high heat just until the sugar melts. Uncover and cook, swirling the pan, until amber, about 5 minutes.
- ☐ Remove from the heat; add the plums, 3 tablespoons butter and the vanilla pod and seeds. Cook over low heat, tossing, until the plums are soft and the sauce thickens, about 20 minutes.
- ☐ Add the remaining 3 tablespoons butter and swirl to combine.
- ☐ Transfer the crust to a platter. Top with the plums and half of the sauce.
- ☐ Serve with ice cream and the remaining sauce on the side.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:29.47, Glycemic Load:34.21, Inflammation Score:-6, Nutrition Score:10.059130373208%

Flavonoids

Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.33mg, Catechin: 3.33mg, Catechin: 3.33mg, Catechin: 3.33mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 3.66mg, Epicatechin: 3.66mg, Epicatechin: 3.66mg, Epicatechin: 3.66mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 532.75kcal (26.64%), Fat: 30.15g (46.39%), Saturated Fat: 13.02g (81.36%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 59.17g (21.52%), Sugar: 44.43g (49.36%), Cholesterol: 51.62mg (17.2%), Sodium: 130.46mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.77%), Vitamin B2: 0.33mg (19.58%), Vitamin A: 931.94IU (18.64%), Manganese: 0.32mg (15.86%), Vitamin C: 11.89mg (14.42%), Vitamin E: 2.05mg (13.66%), Phosphorus: 129.98mg (13%), Selenium: 9µg (12.86%), Vitamin B1: 0.19mg (12.72%), Vitamin K: 13.12µg (12.5%), Fiber: 3.07g (12.29%), Calcium: 109.19mg (10.92%), Potassium: 365.64mg (10.45%), Vitamin B3: 1.99mg (9.97%), Folate: 35.51µg (8.88%), Magnesium: 34.47mg (8.62%), Copper: 0.16mg (8.2%), Iron: 1.21mg (6.75%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.57mg (5.72%), Vitamin B12: 0.28µg (4.59%), Vitamin B6: 0.08mg (3.91%), Vitamin D: 0.29µg (1.93%)