



Fig-Honey Tarts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 0.7 cup hazelnuts coarsely chopped
- ☐ 6 tablespoons honey
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 9 servings nut shortbread crusts
- ☐ 1.3 pounds black-skinned figs ripe
- ☐ 6 tablespoons whipping cream

Equipment

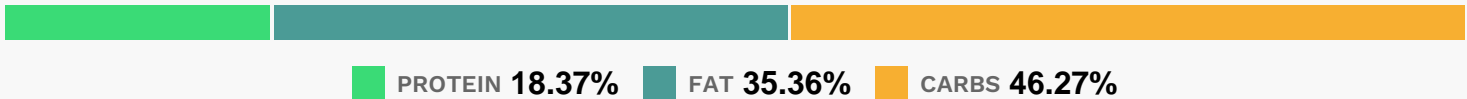
- ☐ food processor

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

Directions

- ☐ Bake nut shortbread crusts (set individual crusts in a 12- by 15-inch pan) in a 350 oven (or a 325 convection oven) until golden at edges, 20 to 25 minutes.
- ☐ While crusts bake, make nut sauce. In a bowl, mix honey, whipping cream, hazelnuts, and lemon peel.
- ☐ Rinse figs, trim stems, and cut into pieces that are about 1 inch wide. Arrange figs, tips and cut side up, in hot crusts or crust.
- ☐ Spoon nut sauce equally over fruit.
- ☐ Bake in a 350 oven (or a 325 convection oven) until sauce is bubbling and crust is deep golden, 20 to 24 minutes for individual tarts, 50 to 55 minutes for a large tart.
- ☐ Cool in pan or pans on a rack at least 30 minutes. If making ahead, chill airtight up to 1 day.
- ☐ Remove pan rims.
- ☐ Serve with ice cream
- ☐ Nut shortbread crusts: In a food processor, mince 1/3 cup hazelnuts with 1 1/4 cups all-purpose flour and 1/4 cup sugar.
- ☐ Add 1/2 cup (1/4 lb.) butter or margarine, in chunks, and whirl until fine crumbs form.
- ☐ Add 1 large egg yolk and whirl until dough holds together. (Or mince nuts with a knife, then put in a bowl. Rub in flour, butter, and sugar until fine crumbs form; then, with a fork, mix in yolk. Pat into a ball.) In 6 tart pans (4 1/2 in. wide) with removable rims, or an 11-inch tart pan, press dough evenly over bottom and up sides, flush with rims.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:6.11, Inflammation Score:-3, Nutrition Score:11.679130094207%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 404.12kcal (20.21%), Fat: 16.39g (25.22%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 33.53g (12.19%), Sugar: 12.54g (13.94%), Cholesterol: 11.3mg (3.77%), Sodium: 7.51mg (0.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Manganese: 1.44mg (72.02%), Fiber: 14.74g (58.94%), Iron: 6.12mg (34.01%), Vitamin E: 2.36mg (15.73%), Copper: 0.29mg (14.57%), Magnesium: 40.62mg (10.15%), Phosphorus: 89.68mg (8.97%), Vitamin K: 6.97µg (6.64%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.92mg (6.12%), Calcium: 59.94mg (5.99%), Vitamin C: 4.02mg (4.88%), Potassium: 137.46mg (3.93%), Folate: 14.17µg (3.54%), Vitamin B2: 0.06mg (3.36%), Vitamin B6: 0.07mg (3.34%), Vitamin B3: 0.62mg (3.12%), Vitamin A: 155.2IU (3.1%), Vitamin B5: 0.15mg (1.49%), Vitamin D: 0.16µg (1.07%)