



## Frangipane Pear Tarts

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



359 kcal

DESSERT

### Ingredients

- ☐ 2 anjou pears red cored thinly sliced
- ☐ 2 tablespoons apple jelly
- ☐ 0.7 cup blanched almonds and whole toasted
- ☐ 2 tablespoons butter divided
- ☐ 1 large eggs
- ☐ 12 sheets phyllo dough frozen thawed ()
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar

☐ 0.8 teaspoon vanilla extract

## Equipment

☐ food processor

☐ bowl

☐ baking sheet

☐ baking paper

☐ oven

☐ microwave

☐ cutting board

## Directions

☐ Preheat oven to 37

☐ Place almonds and sugar in a food processor; process until very finely ground.

☐ Add 1 1/2 teaspoons butter, vanilla, salt, and egg; process to form a sticky paste.

☐ Place remaining 1 1/2 tablespoons butter in a small microwave-safe bowl; microwave at HIGH 20 seconds or until butter melts. Arrange 1 phyllo sheet on a cutting board or other work surface (cover remaining phyllo to keep from drying); brush lightly with butter. Top with another phyllo sheet; brush lightly with butter. Fold phyllo stack in half lengthwise to form a 9 x 7-inch stack. Loosely fold edges of phyllo up toward the center to create a 4 1/2-inch rimmed tart shell.

☐ Place on a baking sheet lined with parchment paper; coat phyllo shell with cooking spray. Repeat procedure with the remaining phyllo sheets, butter, and cooking spray to form 6 shells.

☐ Spread about 2 tablespoons almond mixture over each tart shell; top each with about 6 slightly overlapping pear slices.

☐ Bake at 375 for 23 minutes or until phyllo is browned and crisp.

☐ Place jelly in a small microwave-safe bowl; microwave at HIGH for 20 seconds or until jelly melts.

☐ Brush jelly evenly over tarts.

Wine Note: The rich, pear-and-honey flavors of Pacific Rim Vin de Glacire Riesling (Washington, \$1 4/375-milliliter) deliver the right amount of sweetness (so that you actually taste the wine) without steamrolling the tarts. Be sure the wine is well chilled to bring out its palate-cleansing crispness. --Scott Jones

## Nutrition Facts



### Properties

Glycemic Index:41.64, Glycemic Load:24.08, Inflammation Score:-4, Nutrition Score:9.5982609313467%

### Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

### Nutrients (% of daily need)

Calories: 358.9kcal (17.95%), Fat: 14.29g (21.99%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 48.91g (17.79%), Sugar: 26.46g (29.4%), Cholesterol: 41.03mg (13.68%), Sodium: 279.4mg (12.15%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 7g (14%), Vitamin E: 3.6mg (24.03%), Manganese: 0.47mg (23.56%), Selenium: 12.2µg (17.42%), Vitamin B2: 0.29mg (17.18%), Vitamin B1: 0.24mg (16.26%), Fiber: 4.01g (16.04%), Folate: 49.19µg (12.3%), Copper: 0.24mg (12.2%), Phosphorus: 121.34mg (12.13%), Magnesium: 48.5mg (12.12%), Iron: 1.97mg (10.95%), Vitamin B3: 2.14mg (10.71%), Potassium: 207.31mg (5.92%), Zinc: 0.78mg (5.17%), Calcium: 49.67mg (4.97%), Vitamin C: 3.14mg (3.8%), Vitamin K: 3.91µg (3.73%), Vitamin A: 177.43IU (3.55%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.06mg (3.02%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.11%)