



Fresh Fig and Hazelnut Tart

 Vegetarian  Gluten Free

READY IN



480 min.

SERVINGS



8

CALORIES



366 kcal

DESSERT

Ingredients

- 2 large eggs
- 15 figs fresh trimmed cut in half
- 3.5 ounces granulated sugar
- 1 cup hazelnuts toasted
- 0.5 teaspoon kosher salt
- 2.3 ounces brown sugar light
- 0.5 cup butter unsalted cold cut into chunks (1 stick)
- 1 tablespoon vanilla extract

- 2 tablespoons frangelico
- 2 tablespoons frangelico

Equipment

- food processor
- bowl
- baking paper
- oven
- aluminum foil

Directions

- Adjust oven rack to lower middle position and preheat oven to 350°F. When oven is ready, line chilled tart shell with foil or parchment paper and fill with weights (I reuse dried beans for this), and bake on the lowest rack of the oven for 20 minutes.
- Remove weights and liner, turn pie, and bake until the bottom crust is a golden brown, about 10 minutes.
- Remove pie shell from oven and allow to cool completely.
- Adjust oven rack to middle position and increase heat to 375°F. In the bowl of a food processor, combine hazelnuts, both sugars, and the salt. Pulse until the mixture is sandy and there are not large pieces of nuts left.
- Add the eggs, butter, Frangelico, and vanilla and pulse until the eggs are smooth but chunks of butter are still visible, about 15 – 20 short pulses. Scrape the sides of the food processor and pulse an additional 5 times. Scrape the mixture into the cooled tart shell. Arrange the figs cut-side-up on top of the filling.
- Bake the tart for 20 minutes at 375°F, then rotate the tart 90 degrees on the rack. Lower the oven temperature to 325°F and bake until the figs begin to bubble and caramelize and the filling turns golden brown all over, about 45 additional minutes, turning again halfway through.
- Remove from the oven and allow to cool completely before serving.

Nutrition Facts



PROTEIN 4.88% **FAT 52.18%** **CARBS 42.94%**

Properties

Glycemic Index:18.26, Glycemic Load:18.14, Inflammation Score:-5, Nutrition Score:10.150869680488%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 365.9kcal (18.3%), Fat: 22.14g (34.06%), Saturated Fat: 8.4g (52.53%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 36.81g (13.39%), Sugar: 36.3g (40.34%), Cholesterol: 77mg (25.67%), Sodium: 168.09mg (7.31%), Alcohol: 0.56g (100%), Alcohol %: 0.45% (100%), Protein: 4.66g (9.32%), Manganese: 1.06mg (53%), Vitamin E: 2.81mg (18.76%), Copper: 0.34mg (17.04%), Fiber: 4.17g (16.69%), Vitamin A: 558.17IU (11.16%), Vitamin B6: 0.22mg (10.79%), Magnesium: 43.09mg (10.77%), Vitamin B1: 0.16mg (10.57%), Potassium: 353.44mg (10.1%), Phosphorus: 85.2mg (8.52%), Vitamin B2: 0.13mg (7.63%), Iron: 1.34mg (7.44%), Folate: 28.96µg (7.24%), Vitamin K: 7.57µg (7.21%), Calcium: 67.33mg (6.73%), Selenium: 4.7µg (6.71%), Vitamin B5: 0.64mg (6.37%), Zinc: 0.69mg (4.59%), Vitamin C: 2.82mg (3.42%), Vitamin B3: 0.68mg (3.38%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.14µg (2.26%)