



Greengage & vanilla tart

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 375 g pack dessert pastry
- ☐ 3 tbsp caster sugar
- ☐ 2 medium eggs
- ☐ 1 tsp vanilla extract
- ☐ 142 ml pot single cream
- ☐ 450 g greengage halved
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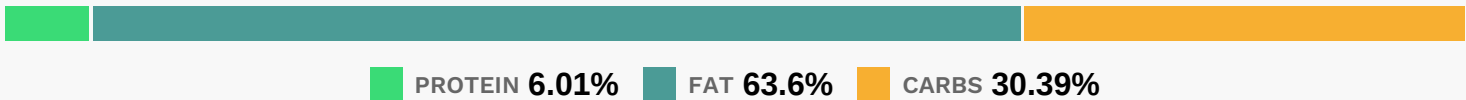
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Roll out the pastry and use to line a shallow, loose-bottomed flan tin, about 24cm across. Trim the edges of the pastry and line with baking paper and baking beans. Sit it on a baking sheet, bake for 15 mins, remove the paper and beans, then cook for 5 mins more until pale golden and biscuity. While the pastry cooks, put the greengages into a roasting tin, sprinkle with 1 tbsp sugar, then roast until just softened.
- ☐ Drain off any juices, then cool.
- ☐ Arrange the greengages in the pastry case, cut-sides up. Now reduce the oven to 160C/ fan 140C/gas
- ☐ Lightly whisk the eggs, then whisk in the vanilla, remaining sugar and cream. Carefully pour the egg mix around the greengages, then bake for 30 mins until the custard is set.
- ☐ Cool the tart in the tin for 10 mins, then remove onto a plate and dust with icing sugar.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:14.59, Inflammation Score:-3, Nutrition Score:5.7526087294454%

Nutrients (% of daily need)

Calories: 345.21kcal (17.26%), Fat: 24.46g (37.63%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 25.6g (9.31%), Sugar: 4.96g (5.52%), Cholesterol: 60.82mg (20.27%), Sodium: 138.53mg (6.02%), Alcohol: 0.18g (100%), Alcohol %: 0.28% (100%), Protein: 5.2g (10.39%), Selenium: 14.84µg (21.2%), Vitamin B1: 0.2mg (13.02%), Vitamin B2: 0.21mg (12.16%), Manganese: 0.23mg (11.67%), Folate: 42.45µg (10.61%), Vitamin B3: 1.97mg (9.86%), Iron: 1.4mg (7.78%), Vitamin K: 8.06µg (7.68%), Phosphorus: 60.87mg (6.09%), Vitamin A: 241.51IU (4.83%), Vitamin E: 0.53mg (3.51%), Copper: 0.06mg (3.17%), Zinc: 0.44mg (2.91%), Fiber: 0.7g (2.81%), Magnesium: 10.14mg (2.53%), Calcium: 23.32mg (2.33%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.33µg (2.18%), Vitamin B5:

0.22mg (2.15%), Potassium: 62.03mg (1.77%), Vitamin B6: 0.03mg (1.69%)