



Honey-Caramel Tart with Apricots and Almonds

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



405 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 15 ounce apricots dry drained canned
- 1 cup crème fraîche
- 0.5 cup apricot dried coarsely chopped
- 0.5 cup cherries dried
- 0.3 cup cranberries dried
- 1 large eggs

- 0.8 cup brown sugar packed ()
- 0.3 cup honey
- 0.3 teaspoon salt
- 0.5 cup semolina flour (pasta flour)
- 0.3 cup sugar
- 0.3 cup butter unsalted ()
- 1 cup whipping cream chilled
- 0.5 cup almonds whole toasted coarsely chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer
- tart form

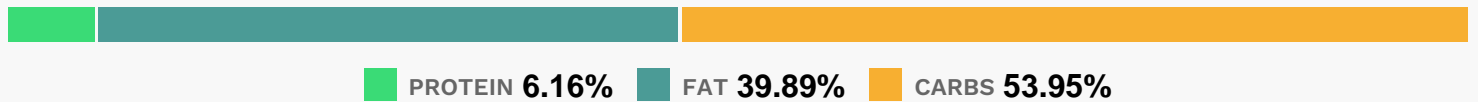
Directions

- Preheat oven to 350°F.
- Whisk both flours and salt in medium bowl. Using electric mixer, beat butter, brown sugar, honey, and lemon peel in another medium bowl to blend. Beat in egg.
- Add flour mixture; beat just to blend. Gather dough into ball.
- Roll out on floured surface to 1/4-inch-thick round.
- Transfer to 9-inch-diameter tart pan with removable bottom. Press onto bottom and up sides of pan. Trim edges. Press edges so sides rise 1/4 inch above pan.
- Bake crust until golden brown, pressing with back of fork if bubbles form, about 13 minutes. Cool on rack.
- Preheat oven to 350°F. Bring both sugars, butter, and honey to boil in heavy medium saucepan, stirring to dissolve sugars. Boil 1 minute without stirring; remove from heat. Stir in

cherries, apricots, almonds, cranberries, and whipping cream.

- Transfer filling to cooled crust. Arrange apricot halves, cut side down, atop filling.
- Bake tart until bubbling all over, about 1 hour 20 minutes. Cool on rack 15 minutes.
- Remove pan sides. Cool to lukewarm, about 1 hour.
- Using electric mixer, beat cream until peaks form.
- Add crème fraîche and beat until peaks form.
- Serve tart slightly warm or at room temperature with crème fraîche.

Nutrition Facts



Properties

Glycemic Index:28.04, Glycemic Load:19.57, Inflammation Score:-8, Nutrition Score:10.203478222308%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 405.49kcal (20.27%), Fat: 18.52g (28.49%), Saturated Fat: 9.33g (58.32%), Carbohydrates: 56.35g (18.78%), Net Carbohydrates: 53.18g (19.34%), Sugar: 35.46g (39.4%), Cholesterol: 59.39mg (19.8%), Sodium: 72.63mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin A: 1608.72IU (32.17%), Selenium: 14.85µg (21.21%), Manganese: 0.35mg (17.56%), Vitamin B2: 0.3mg (17.5%), Vitamin E: 2.56mg (17.1%), Vitamin B1: 0.21mg (14.21%), Folate: 52.08µg (13.02%), Fiber: 3.17g (12.67%), Phosphorus: 103.54mg (10.35%), Iron: 1.86mg (10.35%), Vitamin B3: 1.98mg (9.92%), Potassium: 301mg (8.6%), Magnesium: 33.47mg (8.37%), Copper: 0.16mg (8.18%), Calcium: 79.74mg (7.97%), Vitamin C: 3.93mg (4.76%), Vitamin B5: 0.46mg (4.62%), Zinc: 0.65mg (4.35%), Vitamin B6: 0.08mg (3.97%), Vitamin D: 0.47µg (3.14%), Vitamin K: 2.84µg (2.71%), Vitamin B12: 0.12µg (1.95%)