



Honey-Caramel Tart with Apricots and Almonds

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



406 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 15 ounce apricot halves dry drained canned
- ☐ 1 cup crème fraîche
- ☐ 0.5 cup apricots 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
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 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

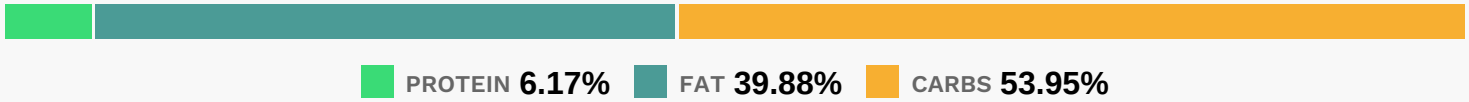
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ tart form

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:10.223043410674%

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: 405.57kcal (20.28%), Fat: 18.52g (28.49%), Saturated Fat: 9.33g (58.32%), Carbohydrates: 56.38g (18.79%), Net Carbohydrates: 53.19g (19.34%), Sugar: 35.47g (39.41%), Cholesterol: 59.39mg (19.8%), Sodium: 72.64mg (3.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin A: 1608.81IU (32.18%), Selenium: 14.85µg (21.21%), Manganese: 0.35mg (17.56%), Vitamin B2: 0.3mg (17.51%), Vitamin E: 2.57mg (17.1%), Vitamin B1: 0.21mg (14.21%), Folate: 52.1µg (13.03%), Fiber: 3.18g (12.74%), Phosphorus: 103.56mg (10.36%), Iron: 1.86mg (10.35%), Vitamin B3: 1.98mg (9.92%), Potassium: 301.27mg (8.61%), Magnesium: 33.5mg (8.37%), Copper: 0.16mg (8.19%), Calcium: 79.97mg (8%), Vitamin C: 4.14mg (5.02%), Vitamin B5: 0.46mg (4.63%), Zinc: 0.65mg (4.35%), Vitamin B6: 0.08mg (3.99%), Vitamin D: 0.47µg (3.14%), Vitamin K: 2.84µg (2.71%), Vitamin B12: 0.12µg (1.95%)