



Honey, Date, and Pecan Tart

READY IN



45 min.

SERVINGS



8

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons flour
- ☐ 1 pinch baking soda
- ☐ 1 tablespoon bourbon
- ☐ 2 large eggs separated
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons water
- ☐ 1 cup medjool dates pitted chopped
- ☐ 0.7 cup pecans coarsely chopped
- ☐ 0.1 teaspoon salt

- ☐ 6 tablespoons sugar divided
- ☐ 1.3 cups unbleached all purpose flour
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 servings whipped cream

Equipment

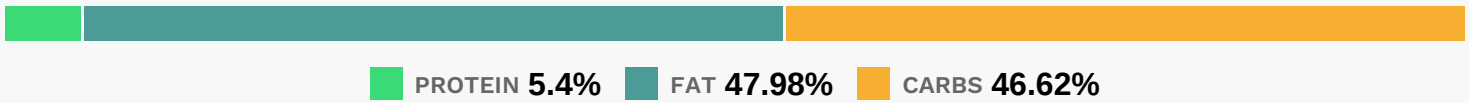
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Using on/off turns, blend flour, butter, and salt in processor until mixture resembles coarse meal.
- ☐ Add 3 tablespoons ice water. Blend, using on/off turns, until moist clumps form, adding more ice water by teaspoonfuls if dry. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 1 hour and up to 1 day. Preheat oven to 425°F.
- ☐ Roll out dough on lightly floured surface to 13-inch round.
- ☐ Transfer to 9-inch tart pan with removable bottom.
- ☐ Cut off all but 1/4 inch of overhang, leaving dough sides higher than pan sides. Freeze crust 15 minutes. Line crust with foil and dried beans.
- ☐ Bake until sides are set, about 20 minutes.
- ☐ Remove foil and beans.
- ☐ Bake crust until golden, piercing with fork if crust bubbles, about 15 minutes. Cool crust on rack. Reduce oven temperature to 325°F.
- ☐ Whisk yolks, 4 tablespoons sugar, honey, bourbon, vanilla, and salt in large bowl until thick. Beat in flour and baking soda, then dates and pecans.

- ☐
- Whisk egg whites in medium bowl until soft peaks form.
- ☐
- Add 2 tablespoons sugar; beat until stiff but not dry. Fold whites into date mixture in 3 additions.
- ☐
- Spread filling in crust.
- ☐
- Bake tart until filling is puffed, deep brown, and just set in center, about 40 minutes. Cool tart on rack at least 30 minutes.
- ☐
- Serve warm or at room temperature with whipped cream. do ahead Tart can be made 1 day ahead. Cover and let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:10.03, Inflammation Score:-5, Nutrition Score:8.3852173984051%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 382.26kcal (19.11%), Fat: 20.84g (32.05%), Saturated Fat: 9.1g (56.9%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 42.85g (15.58%), Sugar: 26.49g (29.43%), Cholesterol: 81.56mg (27.19%), Sodium: 91.56mg (3.98%), Alcohol: 0.71g (100%), Alcohol %: 0.87% (100%), Protein: 5.28g (10.56%), Manganese: 0.62mg (30.94%), Selenium: 11.76µg (16.8%), Vitamin B1: 0.25mg (16.35%), Folate: 50.51µg (12.63%), Vitamin B2: 0.2mg (11.67%), Copper: 0.22mg (11.11%), Fiber: 2.69g (10.77%), Vitamin A: 496IU (9.92%), Phosphorus: 93.47mg (9.35%), Iron: 1.64mg (9.12%), Vitamin B3: 1.69mg (8.47%), Magnesium: 28.26mg (7.06%), Potassium: 220.84mg (6.31%), Zinc: 0.85mg (5.68%), Vitamin B5: 0.55mg (5.49%), Vitamin B6: 0.1mg (4.99%), Vitamin E: 0.67mg (4.48%), Calcium: 38.42mg (3.84%), Vitamin D: 0.49µg (3.25%), Vitamin B12: 0.15µg (2.55%), Vitamin K: 2.02µg (1.93%)