

Honey, Date, and Pecan Tart







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
Eq	uipment
	bowl
	frying pan
	oven
	whisk
	aluminum foil
	tart form
Di	rections
	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.

Nutrition Facts
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.
Bake tart until filling is puffed, deep brown, and just set in center, about 40 minutes. Cool tart on rack at least 30 minutes.
Spread filling in crust.
Add 2 tablespoons sugar; beat until stiff but not dry. Fold whites into date mixture in 3 additions.
Whisk egg whites in medium bowl until soft peaks form.

PROTEIN 5.4% FAT 47.98% CARBS 46.62%

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, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.

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 B1: 0.15µg (2.55%), Vitamin K: 2.02µg (1.93%)