



Honey-Glazed Peach Tart with Mascarpone Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

DESSERT

Ingredients

- 3 tablespoons flour
- 2 tablespoons almonds sliced
- 2 tablespoons honey
- 3.5 tablespoons water ()
- 2 teaspoons lemon zest grated
- 6 tablespoons mascarpone cheese
- 2 tablespoons peach preserves melted

- 6 medium peaches pitted ripe peeled halved cut into 1/2-inch-thick slices (4 cups)
- 3 tablespoons powdered sugar
- 0.3 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons butter unsalted chilled cut into small pieces
- 0.3 teaspoon vanilla extract
- 1 cup whipping cream chilled

Equipment

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

Directions

- Blend flour, sugar, and salt in processor. Using on/off turns, cut in butter until pea-size pieces form. With machine running, add enough ice water by tablespoonfuls to form moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic; refrigerate 1 hour.
- Roll out dough on lightly floured surface to 12-inch round.
- Transfer to 9-inch-diameter tart pan with removable bottom. Trim overhang to 1 inch. Fold overhang in and press to form double-thick sides. Press inside edge of crust to push it 1/8 to 1/4 inch above top edge of pan. Pierce bottom of crust with fork. Refrigerate 1 hour.
- Preheat oven to 400°F.
- Bake tart crust until golden, piercing with fork if bubbles form, about 25 minutes. (Can be made 1 day ahead. Cool; wrap in plastic and store at room temperature.)
- Mix sugar, flour, and lemon peel in large bowl to blend.
- Add peaches and toss to coat.
- Pour into baked crust.
- Drizzle honey over peach mixture; dot with butter and sprinkle with almonds.

- Bake until peaches are tender and almonds are toasted, about 35 minutes.
- Brush fruit and almonds with peach preserves. Cool 15 minutes before serving. (Can be made 6 hours ahead. Store tart at room temperature.)
- Using electric mixer, beat cream, mascarpone, sugar, and vanilla in large bowl until peaks form. Slice tart into 6 wedges and serve with dollops of mascarpone cream.
- *Italian cream cheese available at Italian markets and many supermarkets.

Nutrition Facts

PROTEIN 4.55% **FAT 58.33%** **CARBS 37.12%**

Properties

Glycemic Index:50.44, Glycemic Load:15.58, Inflammation Score:-7, Nutrition Score:7.7591303327809%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg, Epigallocatechin: 1.65mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 403.34kcal (20.17%), Fat: 26.98g (41.51%), Saturated Fat: 15.88g (99.27%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 35.7g (12.98%), Sugar: 30.83g (34.26%), Cholesterol: 69.86mg (23.29%), Sodium: 139mg (6.04%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 4.73g (9.46%), Vitamin A: 1399.09IU (27.98%), Vitamin E: 2.43mg (16.22%), Fiber: 2.93g (11.7%), Vitamin B2: 0.19mg (11.12%), Manganese: 0.2mg (10.15%), Vitamin C: 7.87mg (9.54%), Copper: 0.17mg (8.69%), Selenium: 6.04µg (8.62%), Vitamin B3: 1.59mg (7.96%), Phosphorus: 78.85mg (7.88%), Potassium: 260.52mg (7.44%), Calcium: 66.9mg (6.69%), Magnesium: 25.31mg (6.33%), Vitamin K: 6.11µg (5.82%), Vitamin B1: 0.08mg (5.46%), Iron: 0.92mg (5.12%), Folate: 20.02µg (5%), Vitamin D: 0.7µg (4.7%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.38mg (3.76%), Vitamin B6: 0.06mg (3.1%), Vitamin B12: 0.07µg (1.19%)