



WHATSheATE



Honeyed Walnut Tart



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



681 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons candied orange peel finely chopped
- ☐ 1 water with 2 teaspoons water (for glaze)
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups brown sugar packed ()
- ☐ 3 tablespoons honey
- ☐ 5 tablespoons water ()
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 2 teaspoons lemon zest finely grated
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 1 tablespoon orange-flower water
- ☐ 0.3 teaspoon sea salt fine
- ☐ 7 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 3 cups walnuts toasted chopped

Equipment

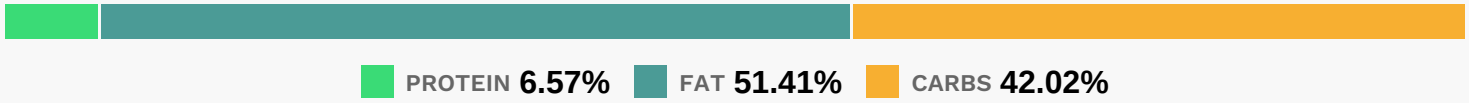
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour and salt in processor.
- ☐ Add butter; using on/off turns, process until mixture resembles coarse meal.
- ☐ Add 5 tablespoons ice water; process until moist clumps form, adding water by teaspoonfuls if dry. Gather into ball; flatten into disk. Wrap in plastic; let stand 1 hour (do not chill).
- ☐ Mix first 5 ingredients in medium bowl.
- ☐ Whisk eggs, honey, lemon juice, and orange-flower water in another medium bowl.
- ☐ Add egg mixture to nut mixture; stir until well blended.
- ☐ Position rack in center of oven and preheat to 400°F.
- ☐ Roll crust out on lightly floured surface to 14-inch round.
- ☐ Transfer to 11-inch-diameter tart pan with removable bottom, allowing crust to drape over pan.
- ☐ Pour filling into crust, spreading evenly. Fold edges over filling, pleating as needed.

- ☐ Brush with egg glaze.
- ☐ Bake tart until filling is deep golden and almost set, about 40 minutes.
- ☐ Transfer to rack; cool 15 minutes. Carefully insert small knife between top edge of crust and pan sides in several places to loosen tart. Gently push up on tart bottom to release tart from sides of pan. Cool completely. (Can be made 1 day ahead. Cover with foil and store at room temperature.)
- ☐ Cut tart into wedges.
- ☐ *Available in the baking or liquor section of some supermarkets and at liquor stores.

Nutrition Facts



Properties

Glycemic Index:18.41, Glycemic Load:16.94, Inflammation Score:-6, Nutrition Score:16.328695400901%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 681.33kcal (34.07%), Fat: 40.57g (62.42%), Saturated Fat: 9.61g (60.05%), Carbohydrates: 74.61g (24.87%), Net Carbohydrates: 70.86g (25.77%), Sugar: 50.91g (56.57%), Cholesterol: 96.09mg (32.03%), Sodium: 118.17mg (5.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.35%), Manganese: 1.7mg (85.06%), Copper: 0.77mg (38.69%), Folate: 96.94µg (24.24%), Selenium: 16.57µg (23.67%), Vitamin B1: 0.34mg (22.92%), Phosphorus: 219.92mg (21.99%), Magnesium: 81.61mg (20.4%), Iron: 3.04mg (16.88%), Vitamin B2: 0.28mg (16.24%), Vitamin B6: 0.3mg (15.05%), Fiber: 3.76g (15.03%), Zinc: 1.81mg (12.07%), Vitamin B3: 1.96mg (9.8%), Calcium: 97.34mg (9.73%), Potassium: 315.81mg (9.02%), Vitamin A: 419.02IU (8.38%), Vitamin B5: 0.72mg (7.24%), Vitamin E: 0.81mg (5.43%), Vitamin C: 3.94mg (4.78%), Vitamin D: 0.56µg (3.73%), Vitamin B12: 0.19µg (3.13%), Vitamin K: 2.18µg (2.08%)