



Individual strawberry & almond tarts

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



595 kcal

DESSERT

Ingredients

- ☐ 375 g puff pastry
- ☐ 25 g butter melted
- ☐ 200 g marzipan thinly sliced
- ☐ 400 g strawberries hulled sliced
- ☐ 25 g brown sugar
- ☐ 25 g almonds flaked toasted

Equipment

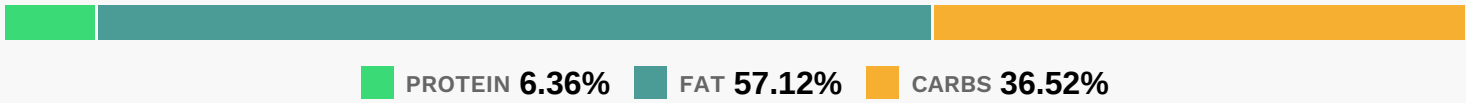
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Unravel the pastry and prick the surface with a fork.
- ☐ Cut out 6 squares and place them on a non-stick baking tray.
- ☐ Lightly brush the edges of the squares with melted butter and place a couple of slices of marzipan on the top of each.
- ☐ Lay 2 rows of strawberry slices down the side of each tart and a third over the gap in the middle.
- ☐ Drizzle the tarts with a little melted butter and scatter with sugar.
- ☐ Bake for about 20-25 mins, until golden brown on the base. Scatter the toasted almonds over the top and serve with White chocolate ice cream.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:16.81, Inflammation Score:-6, Nutrition Score:16.05695647228%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 594.54kcal (29.73%), Fat: 38.3g (58.93%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 51.31g (18.66%), Sugar: 21.28g (23.65%), Cholesterol: 8.96mg (2.99%), Sodium: 195.29mg (8.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Manganese: 1.16mg (58.01%), Vitamin C: 39.2mg (47.52%), Vitamin E: 5.69mg (37.96%), Selenium: 15.99µg (22.84%), Folate: 86.75µg (21.69%), Vitamin B2: 0.36mg (21.01%), Vitamin B3: 4.16mg (20.81%), Vitamin B1: 0.31mg (20.68%), Magnesium: 77.04mg (19.26%), Phosphorus: 154.71mg (15.47%), Fiber: 3.79g (15.17%), Iron: 2.69mg (14.95%), Copper: 0.3mg (14.91%), Vitamin K: 11.82µg (11.26%), Potassium: 267.21mg (7.63%), Zinc: 1.06mg (7.06%), Calcium: 52.25mg (5.22%), Vitamin B6: 0.07mg (3.27%), Vitamin A: 116.96IU (2.34%), Vitamin B5: 0.21mg (2.13%)