



Italian Plum Tart (Tarte aux Quetsches)

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- 1 tablespoon brandy
- 1 egg yolk
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 teaspoon lemon zest grated
- 8 tablespoons butter unsalted cut into 8 pieces
- 3 tablespoons fruit
- 1.5 pounds plums blue italian

- 0.1 teaspoon salt
- 0.3 cup sugar

Equipment

- food processor
- bowl
- frying pan
- oven
- tart form

Directions

- To make the crust, pulse the flour, sugar, salt, and butter or margarine together in the bowl of a food processor fitted with a steel blade until crumbled. Then add the egg yolk, and pulse until the dough comes together.
- Put the dough in the center of an ungreased 9-inch tart pan with a removable bottom. Dust your fingers with flour, and gently press out the dough to cover the bottom and sides of the pan. Refrigerate for at least 30 minutes.
- Preheat the oven to 450 degrees, and bake the crust for 10 minutes. Reduce the oven to 375 degrees, and bake for another 5 minutes.
- Remove the crust from the oven, and let cool slightly. Reduce the oven temperature to 350 degrees.
- Mix the jam with the brandy in a small bowl, and spread over the bottom of the crust. Pit the plums, and cut them into four pieces each. Starting at the outside, arrange the plums in a circle so that all the pieces overlap, creating concentric circles that wind into the center of the pan.
- Sprinkle with the cinnamon and lemon zest.
- Return the tart to the oven, and bake for about 30 minutes, or until the crust is golden brown and the plums are juicy.
- Remove the tart from the oven, sprinkle on the sugar, and serve warm or at room temperature.
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Nutrition Facts

PROTEIN 4.58% FAT 46.83% CARBS 48.59%

Properties

Glycemic Index:25.47, Glycemic Load:16.28, Inflammation Score:-5, Nutrition Score:5.4630435031393%

Flavonoids

Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 235.6kcal (11.78%), Fat: 12.37g (19.03%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 27.09g (9.85%), Sugar: 15.37g (17.08%), Cholesterol: 54.4mg (18.13%), Sodium: 39.65mg (1.72%), Alcohol: 0.63g (100%), Alcohol %: 0.61% (100%), Protein: 2.72g (5.44%), Vitamin A: 692.96IU (13.86%), Vitamin C: 8.53mg (10.34%), Vitamin B1: 0.15mg (10.14%), Selenium: 6.74µg (9.63%), Folate: 36.7µg (9.18%), Manganese: 0.18mg (8.83%), Fiber: 1.79g (7.18%), Vitamin B2: 0.12mg (6.99%), Vitamin B3: 1.31mg (6.54%), Vitamin K: 6.78µg (6.46%), Iron: 0.97mg (5.38%), Potassium: 162.1mg (4.63%), Phosphorus: 43.47mg (4.35%), Vitamin E: 0.62mg (4.11%), Copper: 0.08mg (4.03%), Vitamin B5: 0.27mg (2.69%), Magnesium: 10.17mg (2.54%), Vitamin D: 0.33µg (2.21%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.27mg (1.79%), Calcium: 15.66mg (1.57%), Vitamin B12: 0.07µg (1.13%)