



Lighter Bakewell tart



Vegetarian



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 200 g pastry crust (we used Jus-Rol)
- ☐ 100 g raspberries fresh
- ☐ 1 tbsp raspberries
- ☐ 1 tbsp almonds flaked
- ☐ 1 tbsp powdered sugar
- ☐ 50 g almond flour
- ☐ 50 g cornmeal (cornmeal)
- ☐ 50 g brown sugar

- ☐ 0.5 tsp double-acting baking powder
- ☐ 2 medium eggs
- ☐ 100 g yogurt
- ☐ 0.5 tsp almond extract (see tip below)
- ☐ 2 tbsp canola oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ rolling pin

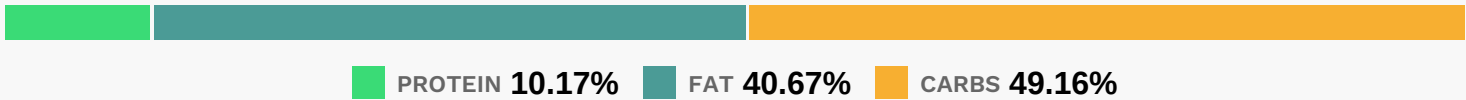
Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Thinly roll out the pastry on a lightly floured surface. Line a 20cm round x 4cm deep fluted flan tin with the pastry, easing it into the tin and the flutes carefully so you don't stretch it.
- ☐ Roll a rolling pin over the top of the tin to trim off any excess pastry. Prick the base lightly with a fork.
- ☐ Put the tin on a baking sheet.
- ☐ Line the pastry with foil and baking beans, and bake for 12 mins until the pastry is set. Meanwhile, to make the filling, heat a small, dry non-stick pan, tip in the ground almonds and gently heat, stirring often, for 2-3 mins to lightly brown.
- ☐ Transfer to a medium-sized mixing bowl to cool.
- ☐ Remove the foil and beans from the pastry case and bake for 5 mins more until pale golden.
- ☐ Remove and reduce oven to 180C/160C fan/gas
- ☐ Using a fork, roughly mash the raspberries in a small bowl with the jam, so they are still in small pieces and not completely mashed. Evenly spread the raspberry mixture over the

pastry base.

- ☐ Put the polenta, sugar and baking powder in the mixing bowl with the almonds and stir to combine. Make a well in the centre. Beat the eggs in a bowl, then beat in the yogurt and almond extract. Tip this mixture, along with the oil, into the dry ingredients, and briefly and gently stir together with a large metal spoon so everything is just combined dont overmix.
- ☐ Pour the almond filling over the raspberry mixture and scatter the flaked almonds over the top.
- ☐ Bake for 30 mins or until the top is risen and pale golden. Cool slightly, then remove from the tin.
- ☐ Mix the icing sugar with a few drops of cold water to make a thick-ish icing, then use a teaspoon to drizzle it over the cooled tart. The tart is even softer when eaten the next day. Will keep in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:7.93, Inflammation Score:-2, Nutrition Score:6.4326086769933%

Flavonoids

Cyanidin: 6.6mg, Cyanidin: 6.6mg, Cyanidin: 6.6mg, Cyanidin: 6.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 231.6kcal (11.58%), Fat: 10.63g (16.36%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 26.1g (9.49%), Sugar: 8.75g (9.72%), Cholesterol: 42.54mg (14.18%), Sodium: 174.79mg (7.6%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 5.98g (11.96%), Manganese: 0.29mg (14.6%), Selenium: 10.01µg (14.31%), Vitamin B1: 0.17mg (11.28%), Fiber: 2.81g (11.26%), Vitamin B2: 0.18mg (10.54%), Iron: 1.65mg (9.15%),

Folate: 33.8µg (8.45%), Phosphorus: 83.21mg (8.32%), Vitamin E: 1.22mg (8.16%), Calcium: 66.6mg (6.66%), Vitamin B3: 1.33mg (6.65%), Magnesium: 20.46mg (5.12%), Vitamin C: 3.82mg (4.63%), Zinc: 0.63mg (4.22%), Vitamin K: 4.31µg (4.1%), Vitamin B6: 0.08mg (3.97%), Copper: 0.08mg (3.92%), Vitamin B5: 0.39mg (3.91%), Potassium: 112.79mg (3.22%), Vitamin B12: 0.14µg (2.4%), Vitamin D: 0.23µg (1.55%), Vitamin A: 76.52IU (1.53%)