

Lighter treacle tart

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 225 g pastry crust
- ☐ 1 medium eggs
- ☐ 3 tbsp crème fraîche
- ☐ 175 g golden syrup
- ☐ 1 tbsp treacle black
- ☐ 1 small apples cored grated peeled (total weight 140g)
- ☐ 50 g breadcrumbs fresh white
- ☐ 1 optional: lemon

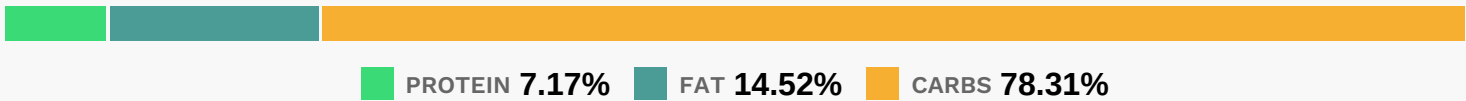
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll the pastry out thinly on a lightly floured surface. Line a 23cm round x 2.5cm deep fluted flan tin, easing the pastry into the tin and the flutes carefully so you dont stretch it.
- ☐ Roll a rolling pin over the top of the tin to trim off any excess pastry. Prick the pastry base lightly with a fork. Chill for 10 mins while the oven heats up.
- ☐ Put the flan tin on a baking sheet. Line the pastry with foil and baking beans, and bake for 12 mins until the pastry is set.
- ☐ Remove the foil and beans from the pastry case, and bake for another 5 mins until the pastry is very pale golden.
- ☐ Remove and lower the oven to 180C/160C fan/gas
- ☐ While the pastry is baking, make the filling. Beat the egg in a medium bowl, then stir in the crme frache, golden syrup, treacle, apple and breadcrumbs. Finely grate the zest from the lemon and stir into the filling mix with 1 tbsp lemon juice. Leave to stand for 10-15 mins so that the breadcrumbs can absorb the other ingredients slightly.
- ☐ Pour the filling into the pastry case and bake for 30 mins or until the filling is softly set.
- ☐ Remove the tart and let it cool a little to firm up.
- ☐ Remove from the tin and serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:19.81, Glycemic Load:17.24, Inflammation Score:-2, Nutrition Score:5.3913043478261%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 216.41kcal (10.82%), Fat: 3.49g (5.36%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 40.66g (14.78%), Sugar: 21.81g (24.24%), Cholesterol: 23.11mg (7.7%), Sodium: 191.26mg (8.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin B1: 0.22mg (14.95%), Selenium: 10.04µg (14.34%), Manganese: 0.2mg (10.2%), Iron: 1.76mg (9.77%), Vitamin C: 8.05mg (9.76%), Vitamin B2: 0.16mg (9.49%), Folate: 36.34µg (9.08%), Vitamin B3: 1.6mg (7.99%), Fiber: 1.64g (6.56%), Phosphorus: 50.53mg (5.05%), Calcium: 39.28mg (3.93%), Potassium: 122.34mg (3.5%), Magnesium: 13.28mg (3.32%), Copper: 0.06mg (2.96%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.05mg (2.28%), Zinc: 0.33mg (2.2%), Vitamin K: 1.61µg (1.53%), Vitamin A: 70.76IU (1.42%), Vitamin B12: 0.08µg (1.34%), Vitamin E: 0.16mg (1.04%)