



Limoncello plum tart

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 500 g pastry crust
- ☐ 2 juice of lemon
- ☐ 4 tbsp double cream
- ☐ 100 g almond flour
- ☐ 5 eggs
- ☐ 100 g butter melted
- ☐ 8 tbsp limoncello
- ☐ 6 plums cut into wedges

☐ 200 g brown sugar

Equipment

☐ bowl

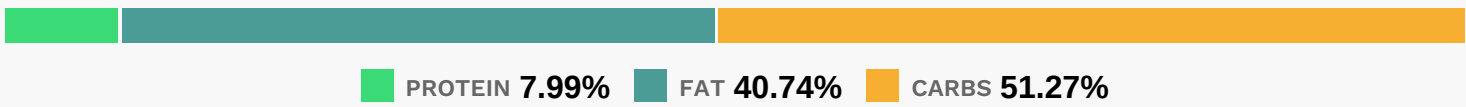
☐ oven

☐ whisk

Directions

- ☐ Roll out the pastry and use to line a loose-bottomed tart tin, 25cm diameter and about 3.5-4cm deep. Chill for at least half an hour.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Line the pastry with greaseproof paper, fill with baking beans and bake blind for 15 mins.
- ☐ Remove beans and paper.
- ☐ Put the lemon zest and juice, cream, almonds, sugar, eggs and melted butter in a large bowl and whisk until smooth then stir in the limoncello.
- ☐ Put the plums in the pastry case then pour the custard mixture over.
- ☐ Bake for about 20-30 mins until the custard is just set. Allow to cool then dredge with icing sugar before serving.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:9.31, Inflammation Score:-4, Nutrition Score:7.5256521909133%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg

0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 390.05kcal (19.5%), Fat: 17.04g (26.21%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 46.09g (16.76%), Sugar: 23.94g (26.6%), Cholesterol: 91.77mg (30.59%), Sodium: 286.93mg (12.48%), Alcohol: 3.16g (100%), Alcohol %: 2.74% (100%), Protein: 7.52g (15.03%), Selenium: 15.77µg (22.54%), Vitamin B1: 0.24mg (16.31%), Vitamin B2: 0.25mg (14.55%), Folate: 48.55µg (12.14%), Iron: 2.16mg (11.99%), Manganese: 0.23mg (11.6%), Vitamin A: 494.9IU (9.9%), Vitamin B3: 1.88mg (9.39%), Fiber: 2.15g (8.61%), Phosphorus: 78.8mg (7.88%), Vitamin C: 5.1mg (6.18%), Calcium: 53.76mg (5.38%), Vitamin B5: 0.5mg (5.02%), Copper: 0.08mg (4.16%), Potassium: 142.01mg (4.06%), Vitamin K: 3.95µg (3.76%), Vitamin E: 0.56mg (3.72%), Zinc: 0.5mg (3.34%), Magnesium: 13.08mg (3.27%), Vitamin B6: 0.06mg (3.22%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.45µg (2.98%)