



## Macadamia Coconut Tart

 Vegetarian

READY IN



30720 min.

SERVINGS



10

CALORIES



402 kcal

DESSERT

### Ingredients

- ☐ 7 ounces dry-roasted macadamia nuts toasted coarsely chopped
- ☐ 3 large eggs
- ☐ 1.3 cups brown sugar light packed
- ☐ 10 servings pastry dough for a single-crust pie
- ☐ 0.3 teaspoon salt
- ☐ 2.8 ounces coconut or sweetened flaked
- ☐ 0.3 cup butter unsalted cooled melted
- ☐ 0.5 teaspoon vanilla

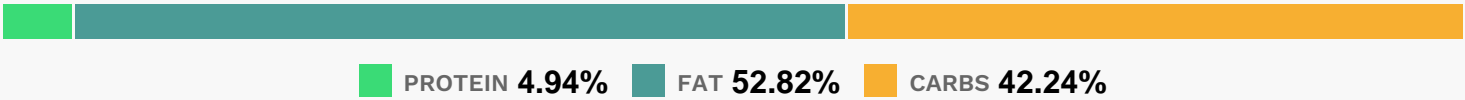
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

## Directions

- ☐ Roll out dough into a 13-inch round on a lightly floured surface with a lightly floured rolling pin. Fit into tart pan and trim edges. Chill shell until firm, about 30 minutes.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Lightly prick bottom of shell all over with a fork, then line with foil and fill with pie weights.
- ☐ Bake until side is set and edge is pale golden, about 20 minutes. Carefully remove foil and weights and bake shell until deep golden, 10 to 15 minutes more. Leave oven on.
- ☐ Whisk together eggs, brown sugar, vanilla, and salt until combined, then whisk in melted butter, nuts, and coconut.
- ☐ Pour filling into tart shell and bake until set in center, 25 to 30 minutes. Cool in pan on a rack 30 minutes, then remove side of pan and cool tart to room temperature, 1 1/2 to 2 hours more.

## Nutrition Facts



## Properties

Glycemic Index:4.8, Glycemic Load:3.76, Inflammation Score:-3, Nutrition Score:8.7839131109093%

## Nutrients (% of daily need)

Calories: 402.06kcal (20.1%), Fat: 24.39g (37.52%), Saturated Fat: 8.12g (50.72%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 41.05g (14.93%), Sugar: 30.57g (33.97%), Cholesterol: 68mg (22.67%), Sodium: 202.76mg (8.82%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 5.13g (10.27%), Manganese: 1.01mg (50.38%), Vitamin B1: 0.35mg (23.16%), Selenium: 11.39µg (16.27%), Fiber: 2.84g (11.36%), Copper: 0.22mg (10.85%), Iron:

1.92mg (10.66%), Vitamin B2: 0.17mg (9.93%), Magnesium: 37.04mg (9.26%), Phosphorus: 91.53mg (9.15%), Vitamin B3: 1.36mg (6.82%), Folate: 26.63µg (6.66%), Calcium: 52.46mg (5.25%), Potassium: 174.18mg (4.98%), Vitamin B6: 0.1mg (4.98%), Vitamin B5: 0.49mg (4.91%), Vitamin A: 222.82IU (4.46%), Zinc: 0.61mg (4.09%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.39µg (2.57%), Vitamin B12: 0.14µg (2.39%)