

Macadamia Nut Tart

Vegetarian







DESSERT

Ingredients

0.3 cup plus light
2 tablespoons t brown sugar dark packed
2 tablespoons rum dark
1 large egg yolk
1.3 cups flour all-purpose
1.3 cups macadamia nuts unsalted coarsely chopped
0.5 teaspoon salt

0.8 cup butter unsalted cold melted cut into pieces, plus 2 tbsp. butter

Εq	uipment	
	food processor	
	oven	
	knife	
	wire rack	
	hand mixer	
	tart form	
Di	rections	
	Preheat oven to 37	
	In a food processor, whirl flour, 2 tbsp. brown sugar, and 1/4 tsp. salt.	
	Add cold butter and pulse until mixture resembles coarse crumbs.	
	Add egg yolk and pulse to combine.	
	Add 2 to 3 tbsp. ice water, pulsing until mixture begins to come together in a ball.	
	Press dough into bottom and up sides of a 9-in. round tart pan with 1-in. sides. Prick bottom of tart with a fork and chill in freezer 15 minutes.	
	Bake crust until medium golden brown, 15 to 25 minutes, and remove from oven (leave oven on).	
	Meanwhile, in a standing electric mixer on high speed, beat whole egg, remaining 1/2 cup brown sugar, and remaining 1/4 tsp. salt until pale and ribbony, 7 to 10 minutes. Beat in melter butter, corn syrup, and rum.	
	Pour sugar mixture into tart shell and sprinkle with macadamia nuts.	
	Bake tart until a knife inserted in center comes out clean, about 25 minutes. Cool tart on a wire rack at least 1 hour.	
	Cut into wedges and serve with vanilla or ginger ice cream, if you like.	
Nutrition Facts		
	PROTEIN 2 949/ 70 499/ 00 049/	
	PROTEIN 3.84% FAT 70.12% CARBS 26.04%	

Nutrients (% of daily need)

Calories: 294.06kcal (14.7%), Fat: 23.31g (35.86%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 17.84g (6.49%), Sugar: 8.13g (9.03%), Cholesterol: 45.8mg (15.27%), Sodium: 105.13mg (4.57%), Alcohol: 0.83g (100%), Alcohol %: 1.91% (100%), Protein: 2.87g (5.74%), Manganese: 0.71mg (35.36%), Vitamin B1: 0.29mg (19.18%), Selenium: 5.96µg (8.51%), Vitamin A: 374.97IU (7.5%), Folate: 27.98µg (6.99%), Copper: 0.14mg (6.81%), Iron: 1.21mg (6.73%), Fiber: 1.63g (6.53%), Vitamin B2: 0.1mg (5.93%), Vitamin B3: 1.15mg (5.73%), Magnesium: 22.83mg (5.71%), Phosphorus: 51.16mg (5.12%), Vitamin E: 0.45mg (3.03%), Vitamin B6: 0.05mg (2.65%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.23mg (2.3%), Calcium: 22.48mg (2.25%), Potassium: 76.47mg (2.18%), Vitamin D: 0.29µg (1.93%)