



Macadamia Nut Tart

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 2 tablespoons 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

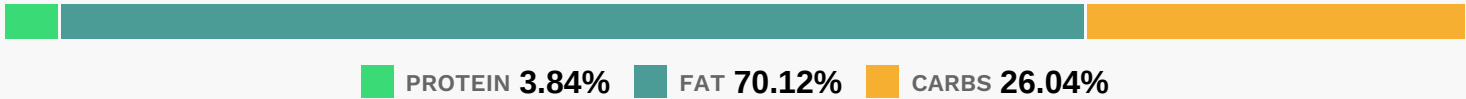
Equipment

- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ 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 melted 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



Properties

Glycemic Index:9.92, Glycemic Load:8.3, Inflammation Score:-4, Nutrition Score:6.0404348256795%

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%)