

Macadamia Nut Tart

READY IN



45 min.

SERVINGS



10

CALORIES



552 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter cubed
- ☐ 0.8 cup butter
- ☐ 3 ounce cream cheese cubed
- ☐ 1 cup dry-roasted macadamia nuts coarsely chopped
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.1 teaspoon salt
- ☐ 1.8 cups sugar

- ☐ 0.8 cup water
- ☐ 10 servings whipped cream

Equipment

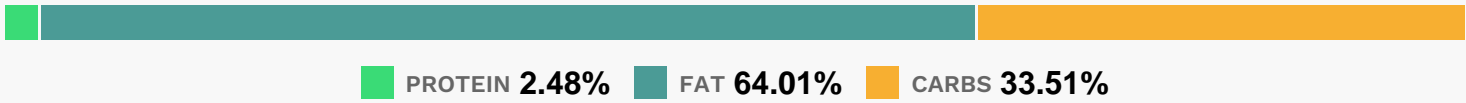
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Process first 4 ingredients in food processor until dough forms ball.
- ☐ Roll into a 12-inch circle.
- ☐ Place dough in 10-inch tart pan; trim edges, leaving 1-inch overhang. Fold overhang inside pan, and press against sides, forming a thick edge. Line pastry with aluminum foil. Fill with pie weights or dried beans.
- ☐ Bake at 375 for 18 minutes.
- ☐ Remove from oven, and place on a wire rack to cool while preparing filling. Reduce oven temperature to 35
- ☐ Combine sugar, water, and lemon juice in a medium saucepan. Bring to a boil over medium-high heat. Cook, stirring occasionally, 15 minutes or until mixture turns a dark amber color. Wash down sides of pan once with a small brush dipped in hot water.
- ☐ Remove from heat, and carefully stir in cream and butter until smooth.
- ☐ Place nuts in bottom of tart shell.
- ☐ Place tart on a baking sheet.
- ☐ Pour caramel mixture over nuts.

- ☐
- Bake at 350 for 15 minutes. Carefully remove tart from oven, and place on a wire rack. Cool completely.
- ☐
- Serve with whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:33.71, Glycemic Load:31.95, Inflammation Score:-6, Nutrition Score:6.7700000742207%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 552.13kcal (27.61%), Fat: 40.52g (62.34%), Saturated Fat: 20.59g (128.71%), Carbohydrates: 47.73g (15.91%), Net Carbohydrates: 46.24g (16.81%), Sugar: 36.63g (40.7%), Cholesterol: 83.12mg (27.71%), Sodium: 243.01mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Manganese: 0.64mg (32.07%), Vitamin A: 981.05IU (19.62%), Vitamin B1: 0.27mg (17.7%), Selenium: 6.27µg (8.95%), Vitamin B2: 0.14mg (8.13%), Folate: 26.51µg (6.63%), Phosphorus: 64.56mg (6.46%), Copper: 0.13mg (6.38%), Iron: 1.12mg (6.21%), Vitamin E: 0.92mg (6.15%), Fiber: 1.49g (5.96%), Magnesium: 22.91mg (5.73%), Vitamin B3: 1.1mg (5.49%), Calcium: 40.54mg (4.05%), Potassium: 98.04mg (2.8%), Vitamin B5: 0.27mg (2.75%), Vitamin B6: 0.05mg (2.67%), Zinc: 0.38mg (2.51%), Vitamin K: 2.57µg (2.45%), Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.15µg (1.01%)