



Macadamia-Pineapple Tart

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



348 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 0.3 cup brown sugar packed
- 1 eggs
- 0.8 cup macadamia nuts coarsely chopped
- 0.8 cup candied pineapple coarsely chopped
- 0.5 cup granulated sugar
- 0.3 cup butter melted
- 0.8 cup plus

- 0.3 cup rum / brandy / coffee liqueur
- 0.3 teaspoon salt
- 3 eggs
- 1 serving whipped cream

Equipment

- bowl
- oven
- hand mixer
- tart form

Directions

- Heat oven to 400°F. In medium bowl, mix all crust ingredients until dough forms. Press firmly and evenly in bottom and up side of ungreased 11-inch tart pan with removable bottom.
- Bake 10 to 12 minutes or until light brown.
- Reduce oven temperature to 375°F.
- Sprinkle nuts and pineapple evenly over crust.
- In large bowl, beat granulated sugar, butter, corn syrup, liqueur, salt and eggs with electric mixer on medium speed until smooth.
- Pour over nuts and pineapple.
- Bake about 30 minutes or until set.
- Serve warm or cool with whipped cream.

Nutrition Facts



PROTEIN 5.46% **FAT 40.23%** **CARBS 54.31%**

Properties

Glycemic Index:19.09, Glycemic Load:17.63, Inflammation Score:-3, Nutrition Score:5.9491303482133%

Nutrients (% of daily need)

Calories: 348.45kcal (17.42%), Fat: 15.71g (24.16%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 46.17g (16.79%), Sugar: 34.1g (37.89%), Cholesterol: 54.94mg (18.31%), Sodium: 175.77mg (7.64%), Alcohol: 1.07g (100%), Alcohol %: 1.47% (100%), Protein: 4.79g (9.59%), Manganese: 0.46mg (23%), Vitamin B1: 0.24mg (16.13%), Selenium: 10.36µg (14.8%), Vitamin B2: 0.16mg (9.53%), Folate: 36.53µg (9.13%), Iron: 1.47mg (8.15%), Phosphorus: 63.74mg (6.37%), Vitamin A: 308.17IU (6.16%), Fiber: 1.53g (6.13%), Vitamin B3: 1.15mg (5.74%), Copper: 0.1mg (4.96%), Magnesium: 16.96mg (4.24%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.51mg (3.37%), Calcium: 30.96mg (3.1%), Vitamin B6: 0.06mg (2.87%), Vitamin E: 0.41mg (2.72%), Vitamin B12: 0.14µg (2.3%), Potassium: 77.65mg (2.22%), Vitamin D: 0.3µg (1.97%)