



Mango-Pineapple Tart with Macadamia Nut Crust

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup apricot preserves melted
- ☐ 0.3 cup cornstarch
- ☐ 3.5 teaspoons rum dark
- ☐ 1 large egg yolk
- ☐ 6 large egg yolk

- ☐ 1 cup macadamia nuts salted
- ☐ 2 slices mangos peeled halved
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 10 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 1 vanilla pod split
- ☐ 1 teaspoon water ()
- ☐ 0.5 cup whipping cream
- ☐ 1.5 cups milk whole

Equipment

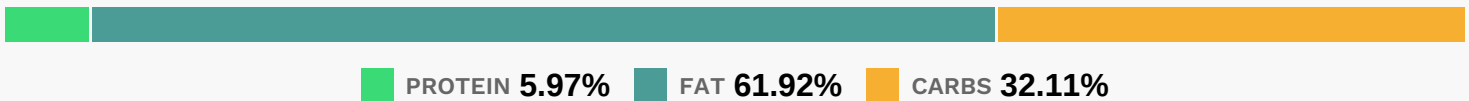
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ Blend first 4 ingredients in processor until nuts are finely ground. Using on/off turns, cut in butter until pea-size pieces form.
- ☐ Add yolk, 1 teaspoon water, and extract; using on/off turns, blend just until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather into ball; flatten into disk. Wrap in plastic and chill 3 hours.
- ☐ Roll out dough between 2 lightly floured sheets of waxed paper to 1/4-inch thickness. Peel off top sheet of paper. Invert crust into 11-inch round tart pan with removable bottom. Peel off paper; press dough into pan. Trim edges. Push crust 1/8 inch above top edge of pan. Refrigerate 1 hour.
- ☐ Preheat oven to 375°F.

- ☐ Bake crust until golden, about 25 minutes. Cool. (Can be made 1 day ahead. Wrap and store at room temperature.)
- ☐ Combine milk and cream in heavy medium saucepan over medium heat. Scrape in seeds from vanilla bean; add bean. Bring to simmer.
- ☐ Whisk yolks, sugar, and cornstarch in large bowl to blend. Gradually whisk hot milk mixture into yolk mixture; return to saucepan and whisk over medium heat until thick and beginning to bubble, about 8 minutes.
- ☐ Transfer to medium bowl. Cool slightly; mix in rum. Press plastic wrap onto surface of custard. Chill until cold, at least 4 hours. (Can be made 1 day ahead. Keep chilled.)
- ☐ Remove vanilla bean from filling.
- ☐ Whisk filling just until smooth; spread in crust. Arrange pineapple and mango slices in concentric circles atop filling.
- ☐ Brush fruit with preserves. (Tart can be assembled 3 hours ahead. Refrigerate.)

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:15.05, Inflammation Score:-5, Nutrition Score:8.458695549032%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 363.75kcal (18.19%), Fat: 25.36g (39.02%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 28.17g (10.24%), Sugar: 12.87g (14.3%), Cholesterol: 147.05mg (49.02%), Sodium: 71.98mg (3.13%), Alcohol: 0.54g (100%), Alcohol %: 0.64% (100%), Protein: 5.5g (11%), Manganese: 0.58mg (28.98%), Vitamin B1: 0.29mg (19.56%), Selenium: 12.47µg (17.81%), Vitamin A: 641.64IU (12.83%), Vitamin B2: 0.22mg (12.66%), Phosphorus: 116.49mg (11.65%), Folate: 45.17µg (11.29%), Iron: 1.46mg (8.12%), Vitamin D: 1.2µg (8.03%), Calcium: 72.69mg (7.27%), Vitamin B12: 0.39µg (6.56%), Copper: 0.13mg (6.27%), Vitamin B3: 1.25mg (6.24%), Vitamin B5: 0.6mg (6.03%), Magnesium: 23.36mg (5.84%), Fiber: 1.42g (5.69%), Vitamin B6: 0.1mg (4.8%), Vitamin E: 0.71mg (4.74%), Zinc: 0.65mg (4.32%), Potassium: 131.2mg (3.75%), Vitamin K: 1.35µg (1.28%)