

Maple Pecan Tart

READY IN



45 min.

SERVINGS



8

CALORIES



625 kcal

DESSERT

Ingredients

- ☐ 0.5 cup corn syrup dark
- ☐ 1 large egg yolk
- ☐ 3 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 cup maple syrup pure
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.3 cups unbleached all purpose flour

- ☐ 0.3 cup butter unsalted melted ()
- ☐ 8 servings whipped cream

Equipment

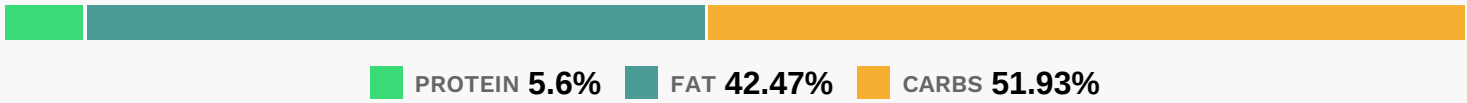
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Using electric mixer, beat butter in medium bowl until smooth.
- ☐ Add sugar, egg yolk, and salt; beat until blended.
- ☐ Add flour and beat just until dough begins to clump together. Gather dough into ball; flatten into disk.
- ☐ Roll out dough on lightly floured work surface to 10 1/2-inch round.
- ☐ Transfer to 9-inch-diameter tart pan with removable bottom. Press dough onto bottom and up sides of pan. Pierce dough all over with fork. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate.
- ☐ Place crust in freezer 30 minutes before filling and baking.
- ☐ Preheat oven to 350°F.
- ☐ Whisk eggs and brown sugar in medium bowl until well blended.
- ☐ Whisk in maple syrup, corn syrup, melted butter, and salt. Stir in pecans.
- ☐ Pour filling into unbaked crust.
- ☐ Place tart on rimmed baking sheet.
- ☐ Bake tart until filling is slightly puffed and set, about 40 minutes.

- ☐
- Transfer to rack and cool. DO AHEAD: Can be made 1 day ahead. Tent loosely with foil and let stand at room temperature.
- ☐
- Cut tart into wedges and serve with whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:33.45, Glycemic Load:33.5, Inflammation Score:-5, Nutrition Score:14.905652284622%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg

Nutrients (% of daily need)

Calories: 625.06kcal (31.25%), Fat: 30.29g (46.59%), Saturated Fat: 10.21g (63.8%), Carbohydrates: 83.35g (27.78%), Net Carbohydrates: 80.4g (29.23%), Sugar: 63.11g (70.12%), Cholesterol: 136.99mg (45.66%), Sodium: 156.71mg (6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Manganese: 1.56mg (77.91%), Vitamin B2: 0.64mg (37.62%), Selenium: 16.42µg (23.46%), Vitamin B1: 0.34mg (22.83%), Phosphorus: 197.01mg (19.7%), Copper: 0.32mg (16.15%), Calcium: 153.93mg (15.39%), Folate: 55.8µg (13.95%), Zinc: 1.97mg (13.13%), Vitamin A: 598.86IU (11.98%), Magnesium: 47.93mg (11.98%), Fiber: 2.95g (11.81%), Iron: 2.07mg (11.51%), Vitamin B5: 1.03mg (10.27%), Potassium: 339mg (9.69%), Vitamin B12: 0.48µg (7.96%), Vitamin B3: 1.52mg (7.61%), Vitamin B6: 0.13mg (6.51%), Vitamin E: 0.95mg (6.3%), Vitamin D: 0.73µg (4.85%), Vitamin K: 1.54µg (1.47%)