



Marzipan Eccles tarts



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



740 kcal

DESSERT

Ingredients

- ☐ 300 g fruit dried leftover
- ☐ 2 pears cored grated
- ☐ 50 g little demerara sugar plus a little extra to decorate
- ☐ 100 g marzipan leftover grated
- ☐ 0.5 tsp ground cloves
- ☐ 1 tsp ground cinnamon
- ☐ 500 g block puff pastry
- ☐ 1 eggs beaten

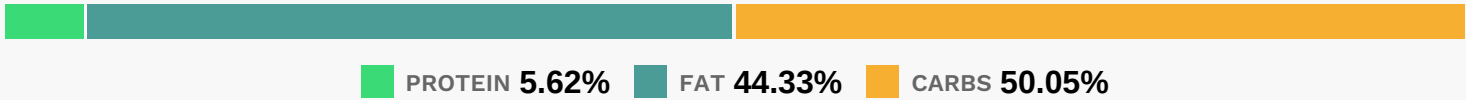
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Mix the dried fruit, grated apple or pear, Demerara sugar, marzipan, cloves and cinnamon.
- ☐ Divide the pastry into
- ☐ Then assemble tarts one by one. Halve a chunk of pastry and roll out each halve to a circle about the thickness of a 50p piece on a floured surface. Spoon a sixth of the filling into the centre of one circle in a pile.
- ☐ Brush edges with egg, and lift the second pastry circle on top. Gently press down on the fruit to push out as much air as you can. Press the pastry edges to seal. Use an appropriate sized bowl, glass etc to help you trim the edges to a neat circle. At this stage, you can cover and chill the tarts overnight, or freeze for 1 month. Defrost before continuing.
- ☐ Brush with beaten egg, then make three small slashes with a knife in a row. Repeat with remaining pastry and filling.
- ☐ Pop the tarts in the fridge while you heat oven to 200C/180C fan/gas
- ☐ When the oven is nice and hot, brush tarts all over with egg and sprinkle each with a little more sugar.
- ☐ Bake for 20 – 25 mins, until golden, then eat warm with ice cream or custard.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:30.95, Inflammation Score:-5, Nutrition Score:16.473913172017%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg

Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg
Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg,
Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg
Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg,
Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 740kcal (37%), Fat: 37.46g (57.62%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 95.14g (31.71%), Net
Carbohydrates: 86.74g (31.54%), Sugar: 45.85g (50.94%), Cholesterol: 27.28mg (9.09%), Sodium: 229.8mg
(9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.35%), Manganese: 1.12mg (55.98%), Fiber:
8.4g (33.58%), Selenium: 22.91µg (32.73%), Vitamin B1: 0.41mg (27.07%), Vitamin B2: 0.38mg (22.65%), Vitamin B3:
4.42mg (22.12%), Vitamin K: 22.96µg (21.86%), Folate: 84.84µg (21.21%), Iron: 3.75mg (20.85%), Vitamin E: 2.84mg
(18.94%), Magnesium: 75.46mg (18.86%), Copper: 0.34mg (16.9%), Potassium: 516.94mg (14.77%), Phosphorus:
145.24mg (14.52%), Calcium: 113.36mg (11.34%), Zinc: 1.15mg (7.7%), Vitamin B6: 0.12mg (5.79%), Vitamin B5: 0.42mg
(4.19%), Vitamin C: 3.41mg (4.13%), Vitamin A: 81.83IU (1.64%), Vitamin B12: 0.07µg (1.09%)