



Nectarine-Pecan Cookie Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 0.3 cup apricot preserves
- ☐ 1 large egg whites
- ☐ 4 nectarines firm pitted ripe unpeeled halved
- ☐ 0.3 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted room temperature ()

☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve

Directions

- ☐ Finely chop pecans with sugar in processor.
- ☐ Add flour and salt; process 30 seconds to blend.
- ☐ Add butter; process just until clumps form. Gather dough together; flatten into rectangle. Wrap in plastic; chill 30 minutes.
- ☐ Line large rimmed baking sheet with parchment paper.
- ☐ Roll out dough on lightly floured work surface to generous 12x10-inch rectangle. Trim edges just to even sides.
- ☐ Cut dough into eight 5x3-inch rectangles.
- ☐ Transfer rectangles to prepared baking sheet, spacing 1 inch apart. Chill while preparing topping.
- ☐ Preheat oven to 375°F.
- ☐ Combine pecans, sugar, and butter in processor. Process until pecans are very finely chopped.
- ☐ Add egg white and process until well blended. Divide pecan topping equally among dough rectangles; spread to within 1/4 inch of edges.
- ☐ Bake until pecan topping is set but cookies are still pale, about 10 minutes.
- ☐ Remove cookies from oven; maintain oven temperature.
- ☐ Thinly slice nectarine halves, keeping slices from each half together. Arrange 1 nectarine half atop each cookie, fanning slices decoratively. Return to oven and bake until cookies are light

golden around edges, about 10 minutes.

- ☐ Transfer baking sheet with tarts to rack.
- ☐ Bring apricot preserves and 1 tablespoon water to simmer in heavy small saucepan. Strain glaze through sieve set over bowl.
- ☐ Brush glaze over nectarine slices. Cool tarts completely on baking sheet. (Tarts can be made 6 hours ahead.
- ☐ Let stand at room temperature. Rewarm any remaining glaze and brush over tarts before serving, if desired.)

Nutrition Facts



Properties

Glycemic Index:24.76, Glycemic Load:15.24, Inflammation Score:-4, Nutrition Score:5.6339130297951%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 184.97kcal (9.25%), Fat: 5.72g (8.8%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 29.32g (10.66%), Sugar: 13.09g (14.55%), Cholesterol: 7.53mg (2.51%), Sodium: 93.59mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Manganese: 0.33mg (16.48%), Vitamin B1: 0.2mg (13.35%), Selenium: 7.83µg (11.18%), Folate: 41.12µg (10.28%), Vitamin B3: 2mg (9.99%), Vitamin B2: 0.14mg (8.36%), Fiber: 1.95g (7.8%), Iron: 1.26mg (7%), Copper: 0.14mg (6.96%), Vitamin A: 345.3IU (6.91%), Phosphorus: 50.74mg (5.07%), Potassium: 143.1mg (4.09%), Magnesium: 15.75mg (3.94%), Vitamin E: 0.59mg (3.91%), Vitamin C: 2.96mg (3.59%), Zinc: 0.45mg (3.01%), Vitamin B5: 0.26mg (2.6%), Vitamin B6: 0.04mg (1.79%), Vitamin K: 1.84µg (1.76%)