



Open-Faced Rhubarb Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves melted
- ☐ 0.3 cup blanched almonds and whole
- ☐ 1 cup flour all-purpose
- ☐ 8 servings accompaniment: lightly whipped cream sweetened
- ☐ 1.3 lb rhubarb stalks (preferably)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.8 cup butter unsalted cold cut into bits

☐ 1.5 tablespoons water cold

Equipment

☐ food processor

☐ baking sheet

☐ oven

☐ knife

☐ whisk

☐ blender

☐ plastic wrap

☐ wax paper

Directions

☐ Whisk together 1 cup flour, 1 tablespoon sugar, and salt. Blend in butter with your fingertips or a pastry blender until most of mixture resembles coarse meal with remainder in small (roughly pea-size) lumps.

☐ Add 1 1/2 tablespoons water and stir with a fork until incorporated.

☐ Gently squeeze a small handful: It should hold together without crumbling apart. If it doesn't, blend in remaining 1/2 tablespoon water.

☐ Turn out dough onto a lightly floured surface and smear 3 times in a forward motion to help distribute fat. Gather dough and form it, rotating on work surface, into a disk. Chill dough, wrapped in plastic wrap, until firm, at least 1 hour.

☐ Roll out dough between sheets of wax paper, 2 overlapping sheets each for top and bottom, into a 12-inch round and chill until firm, about 15 minutes.

☐ Pulse almonds with 2 tablespoons sugar and remaining 2 tablespoons flour in a food processor until finely ground (be careful not to grind to a paste).

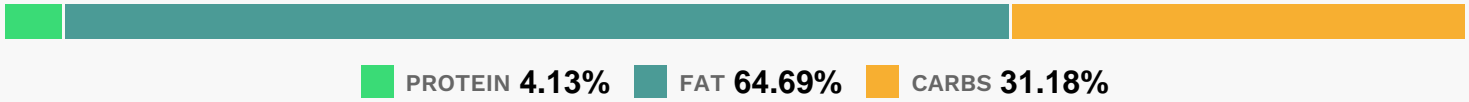
☐ Cut rhubarb crosswise, holding knife at a 45-degree angle, into 1/4-inch-thick slices.

☐ Preheat oven to 375°F.

☐ Remove top sheets of wax paper and invert dough onto a large baking sheet, then remove remaining wax paper (now on top). Fold edge of crust in to form a 1/2-inch border, pressing to seal to bottom crust.

- ☐ Spread ground almonds over crust (except border). Top with rhubarb, overlapping slices and arranging them decoratively . Score edge of crust decoratively, then chill tart 15 minutes.
- ☐ Sprinkle remaining 1/4 cup sugar evenly over rhubarb and bake in lower third of oven until crust is golden brown on edges and rhubarb is tender, 35 to 45 minutes.
- ☐ Cool tart on baking sheet on a rack, then brush rhubarb with enough preserves to coat evenly.
- ☐ • Dough (before rolling out) can be chilled up to 2 days.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:13.24, Inflammation Score:-6, Nutrition Score:7.3617391378983%

Flavonoids

Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 341.1kcal (17.05%), Fat: 25.19g (38.76%), Saturated Fat: 14.6g (91.24%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.21g (9.17%), Sugar: 11.54g (12.82%), Cholesterol: 66.3mg (22.1%), Sodium: 87.76mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin K: 22.3µg (21.24%), Vitamin A: 837.04IU (16.74%), Manganese: 0.32mg (16.07%), Vitamin E: 1.63mg (10.88%), Vitamin B1: 0.15mg (9.69%), Selenium: 6.6µg (9.43%), Folate: 36.18µg (9.05%), Calcium: 89.79mg (8.98%), Fiber: 2.11g (8.43%), Vitamin B2: 0.14mg (8.02%), Vitamin C: 6.41mg (7.77%), Potassium: 257.52mg (7.36%), Vitamin B3: 1.28mg (6.42%), Iron: 1.05mg (5.85%), Magnesium: 23.16mg (5.79%), Phosphorus: 50.92mg (5.09%), Copper: 0.09mg (4.46%), Zinc: 0.32mg (2.14%), Vitamin D: 0.32µg (2.13%), Vitamin B5: 0.17mg (1.66%), Vitamin B6: 0.03mg (1.52%)