



Peach & almond tart

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



1093 kcal

DESSERT

Ingredients

- ☐ 500 g puff pastry
- ☐ 3 peaches ripe cut into 6 wedges
- ☐ 6 servings crème fraîche
- ☐ 175 g almond flour
- ☐ 50 g almonds flaked toasted plus a handful more to decorate
- ☐ 250 g mascarpone cheese
- ☐ 25 g butter softened
- ☐ 200 g brown sugar

- ☐ 2 eggs
- ☐ 0.5 tsp almond extract

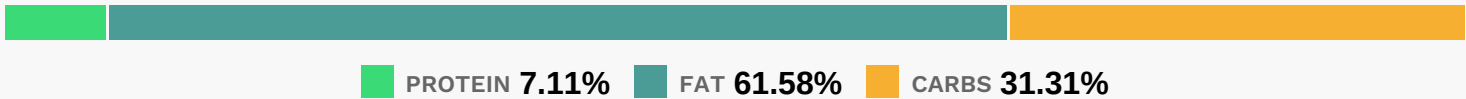
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll out the pastry on a floured surface until big enough to line a 23cm tart tin with an overhang. Line the tin with pastry, gently folding overhanging pastry down the outside of the tin, then prick all over with a fork. Line with greaseproof paper; sit a 20cm sandwich tin on top (it should fit snugly). Fill with baking beans, then blind-bake for 20-25 mins until the sides are set.
- ☐ Remove the beans, tin and paper and cook for 10 -15 mins more until golden, risen and crisp. Cool a little, then trim the overhang and press down any risen bits.
- ☐ Lower oven to 180C/160C fan/gas
- ☐ Beat together the filling ingredients, spoon into the tin and top with the peaches. Scatter with 1 tbsp caster sugar and extra flaked almonds, then bake for 40 mins until puffed up and golden, with a slight wobble in the centre. Cool to room temperature and serve with crme fraiche.

Nutrition Facts



Properties

Glycemic Index:26.04, Glycemic Load:23.02, Inflammation Score:-7, Nutrition Score:16.086956449177%

Flavonoids

Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg, Cyanidin: 1.64mg Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg,

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 1093.49kcal (54.67%), Fat: 76.4g (117.54%), Saturated Fat: 24.87g (155.42%), Carbohydrates: 87.38g (29.13%), Net Carbohydrates: 80.87g (29.41%), Sugar: 41.14g (45.71%), Cholesterol: 112.26mg (37.42%), Sodium: 300.95mg (13.08%), Alcohol: 0.12g (100%), Alcohol %: 0.05% (100%), Protein: 19.85g (39.7%), Selenium: 27.47µg (39.25%), Manganese: 0.67mg (33.52%), Vitamin B2: 0.44mg (26.06%), Fiber: 6.51g (26.03%), Vitamin B1: 0.38mg (25.02%), Iron: 4.3mg (23.91%), Vitamin E: 3.43mg (22.85%), Vitamin B3: 4.44mg (22.21%), Vitamin A: 1086.83IU (21.74%), Folate: 81.24µg (20.31%), Calcium: 202.37mg (20.24%), Vitamin K: 16.18µg (15.41%), Phosphorus: 147.1mg (14.71%), Copper: 0.27mg (13.4%), Magnesium: 47.92mg (11.98%), Potassium: 284.51mg (8.13%), Zinc: 1.12mg (7.45%), Vitamin B5: 0.47mg (4.68%), Vitamin B6: 0.09mg (4.57%), Vitamin C: 3.18mg (3.86%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.29µg (1.96%)