



Peach & almond tart

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



503 kcal

DESSERT

Ingredients

- ☐ 85 g butter unsalted cold cut into small pieces
- ☐ 1 tbsp sugar
- ☐ 2 egg yolk
- ☐ 100 g sugar
- ☐ 140 g butter
- ☐ 2 eggs beaten
- ☐ 140 g almond flour
- ☐ 50 g flour plain

- ☐ 3 peaches sliced
- ☐ 8 servings apricot preserves
- ☐ 8 servings crème fraîche

Equipment

- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ To make the pastry, rub together the flour and butter until it looks like fine breadcrumbs, then mix in the sugar.
- ☐ Add 1 egg yolk and 1 tsp water, followed by the next yolk and 1 tsp water until the dough just comes together. Wrap in cling film and refrigerate for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll the pastry out on a lightly floured surface until big enough to line a 23cm tart tin. If the dough rips, simply patch it up.
- ☐ Cut away the excess pastry. Line with greaseproof paper, fill with baking beans, then bake for 10 mins.
- ☐ Remove paper and beans. Prick quite a few holes in the base of your tart, then bake for another 10–15 mins until biscuity.
- ☐ While the pastry cooks, make the filling.
- ☐ Whisk the sugar and butter together until you get a pale paste. Beat in the eggs and finally add the almonds and flour. Spoon into pastry case, arrange the peach slices across the top in a pattern and bake for 30–40 mins until golden. When cool, brush your preserve or jam across the top.
- ☐ Serve with a little pot of crme frache on the side and eat it quick before anyone else gets their hands on it!

Nutrition Facts



 PROTEIN **5.82%**  FAT **62.32%**  CARBS **31.86%**

Properties

Glycemic Index:38.18, Glycemic Load:15.18, Inflammation Score:-6, Nutrition Score:6.6043478095013%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 503.19kcal (25.16%), Fat: 36.34g (55.9%), Saturated Fat: 17.07g (106.71%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 38.87g (14.13%), Sugar: 28.49g (31.66%), Cholesterol: 157.07mg (52.36%), Sodium: 150.77mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin A: 1126.27IU (22.53%), Selenium: 10.41µg (14.87%), Fiber: 2.93g (11.71%), Vitamin B2: 0.16mg (9.36%), Vitamin E: 1.37mg (9.13%), Iron: 1.58mg (8.76%), Calcium: 74.91mg (7.49%), Phosphorus: 74.93mg (7.49%), Folate: 28.32µg (7.08%), Vitamin B1: 0.08mg (5.25%), Vitamin C: 4.17mg (5.06%), Vitamin B5: 0.49mg (4.92%), Manganese: 0.09mg (4.64%), Copper: 0.09mg (4.45%), Vitamin B3: 0.86mg (4.31%), Vitamin B12: 0.26µg (4.31%), Vitamin D: 0.62µg (4.15%), Potassium: 132.83mg (3.8%), Vitamin K: 3.92µg (3.73%), Zinc: 0.5mg (3.31%), Vitamin B6: 0.06mg (3.05%), Magnesium: 9.98mg (2.5%)