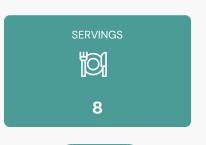


Peach & almond tart

Vegetarian







DESSERT

Ingredients

140 g almond flour

50 g flour plain

85 g butter unsalted cold cut into small pieces
1 tbsp sugar
2 egg yolk
100 g sugar
140 g butter
2 eggs beaten

	3 peaches sliced
	8 servings apricot preserves
	8 servings crème fraîche
Eq	uipment
	oven
	whisk
	pot
Di	rections
	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

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, Epigallocatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Cuercetin: 0.43mg, Cuercetin: 0.43mg, Catechin: 2.83mg, Catechin: 2.83mg,

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 %: O% (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%)