



Peach-Almond Tart

 Dairy Free

READY IN



37 min.

SERVINGS



8

CALORIES



326 kcal

DESSERT

Ingredients

- 2 tablespoons almonds sliced
- 1 tablespoon cornstarch
- 0.3 cup apricot dried finely chopped
- 1 tablespoon granulated sugar
- 3 tablespoons granulated sugar
- 4 cups peaches fresh peeled sliced (8 peaches)
- 15 ounce pie crust dough refrigerated

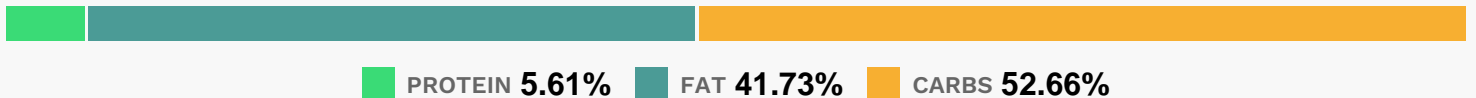
Equipment

- baking sheet
- oven
- wire rack
- pizza pan

Directions

- Unfold piecrust, and place on a lightly floured surface.
- Roll piecrust into a 12-inch circle.
- Place on a baking sheet or pizza pan coated with cooking spray.
- Combine peaches, apricots, granulated sugar, and cornstarch; toss gently.
- Spread mixture over piecrust, leaving a 2-inch border. Fold a 2-inch border over fruit, pressing to gently seal where piecrust overlaps (piecrust will partially cover fruit). Coat edges lightly with cooking spray, and sprinkle with turbinado sugar.
- Sprinkle almonds over peach mixture.
- Bake at 425 for 22 minutes or until pastry is lightly browned.
- Let cool on baking sheet on a wire rack 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:7.63, Inflammation Score:-5, Nutrition Score:6.7660869619121%

Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 326.44kcal (16.32%), Fat: 15.35g (23.62%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 40.49g (14.72%), Sugar: 14.73g (16.36%), Cholesterol: 0mg (0%), Sodium: 228mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.29%), Manganese: 0.35mg (17.47%), Fiber: 3.1g (12.41%), Vitamin B1: 0.17mg (11.36%), Vitamin B3: 2.25mg (11.26%), Folate: 43.33µg (10.83%), Vitamin E: 1.62mg (10.82%), Iron: 1.85mg (10.29%), Vitamin B2: 0.15mg (8.64%), Vitamin A: 397.99IU (7.96%), Phosphorus: 70.25mg (7.03%), Copper: 0.14mg (7.03%), Selenium: 4.9µg (7%), Potassium: 211.1mg (6.03%), Vitamin K: 6.32µg (6.02%), Magnesium: 22.21mg (5.55%), Vitamin C: 3.2mg (3.88%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.51mg (3.41%), Vitamin B6: 0.06mg (2.75%), Calcium: 22.22mg (2.22%)