



Peach and Sour Cream Tart

READY IN



45 min.

SERVINGS



10

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds thinly sliced
- ☐ 4 tablespoons confectioners' sugar
- ☐ 1 tablespoon honey warmed
- ☐ 5 medium peaches yellow ripe quartered
- ☐ 1 piecrust store-bought (such as Pillsbury)
- ☐ 16 ounce cup heavy whipping cream sour

Equipment

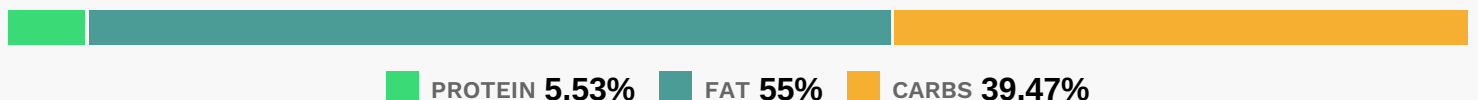
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ On a floured surface, roll the dough into a 12-inch circle. Gently drape the dough on top of a rolling pin, lift it up, place it over the tart pan, and unroll. Press the dough into place. Run the rolling pin over the top of the pan to trim excess dough. Prick the dough several times with a fork. Refrigerate for at least 30 minutes.
- ☐ Place oven rack in upper third of oven and heat to 400 F.
- ☐ Place a baking sheet in oven. Line the crust with parchment paper or foil, fitting it up the sides of the pan. Fill with pie weights or dried beans and bake for 15 to 18 minutes.
- ☐ Remove the weights and paper. Return the tart crust to oven and bake for 5 minutes more.
- ☐ Transfer pan to a rack to cool.
- ☐ Place the peaches in a medium bowl, drizzle with the honey, and toss. In a bowl, combine the sour cream and sugar.
- ☐ Spread the mixture over the cooled crust. Arrange the peaches, rounded-side down, on top.
- ☐ Sprinkle with the almonds.
- ☐ Bake for 45 minutes or until the cream is set, the almonds are golden, and the peaches are tender. Cool on a rack for 20 minutes.
- ☐ Serve warm or cold. Tip: To heat the honey, either warm the required amount in a microwave on high heat for 10 seconds or place the open bottle in hot water for 2 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:3.52, Inflammation Score:-4, Nutrition Score:5.1160869753879%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 229.41kcal (11.47%), Fat: 14.43g (22.2%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 21.49g (7.82%), Sugar: 12.78g (14.2%), Cholesterol: 26.76mg (8.92%), Sodium: 93.51mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin A: 527.28IU (10.55%), Vitamin B2: 0.15mg (8.97%), Vitamin E: 1.31mg (8.73%), Manganese: 0.17mg (8.67%), Phosphorus: 72.92mg (7.29%), Fiber: 1.8g (7.22%), Selenium: 4.34µg (6.2%), Vitamin B3: 1.18mg (5.9%), Calcium: 57.58mg (5.76%), Vitamin B1: 0.08mg (5.19%), Potassium: 180.51mg (5.16%), Copper: 0.1mg (5.05%), Folate: 20.04µg (5.01%), Magnesium: 18.53mg (4.63%), Iron: 0.81mg (4.52%), Vitamin C: 3.49mg (4.23%), Vitamin K: 4.17µg (3.97%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.47mg (3.11%), Vitamin B6: 0.05mg (2.45%), Vitamin B12: 0.1µg (1.59%)