



Peach-Caramel Tarts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons lemon zest grated
- ☐ 1.8 pounds peaches ripe
- ☐ 0.7 cup pecan halves
- ☐ 9 servings nut shortbread crusts
- ☐ 0.5 cup sugar
- ☐ 0.5 cup whipping cream

Equipment

- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ tart form

Directions

- ☐ Bake nut shortbread crusts (set individual crusts in a 12- by 15-inch pan) in a 350 oven (or a 325 convection oven) until golden at edges, 20 to 25 minutes.
- ☐ While crusts bake, make nut sauce in a 10- to 12-inch frying pan. Over medium-high heat, shake sugar in pan until melted and amber-colored, 4 to 6 minutes.
- ☐ Add whipping cream and stir until caramelized sugar melts, 1 to 2 minutes. Stir in pecans and lemon peel; remove from heat.
- ☐ Peel peaches, if desired.
- ☐ Cut into halves, pit, then cut into 1/2- to 3/4-inch-wide slices. Arrange peach slices, slightly overlapping, in hot crusts or crust. Save extra fruit for other uses.
- ☐ Spoon nut sauce equally over fruit; if sauce has thickened too much to spoon, stir and heat until fluid.
- ☐ Bake in a 350 oven (or a 325 convection oven) until sauce is bubbling and crust is deep golden, 20 to 24 minutes for individual tarts, 50 to 55 minutes for a large tart.
- ☐ Cool in pan or pans on a rack at least 30 minutes. If making ahead, chill airtight up to 1 day.
- ☐ Remove pan rims.
- ☐ Serve with ice cream.
- ☐ Nut shortbread crusts: In a food processor, mince 1/3 cup pecans with 1 1/4 cups all-purpose flour and 1/4 cup sugar.
- ☐ Add 1/2 cup (1/4 lb.) butter or margarine, in chunks, and whirl until fine crumbs form.
- ☐ Add 1 large egg yolk and whirl until dough holds together. (Or mince nuts with a knife, then put in a bowl. Rub in flour, butter, and sugar until fine crumbs form; then, with a fork, mix in yolk. Pat into a ball.) In 6 tart pans (4 1/2 in. wide) with removable rims, or an 11-inch tart pan, press dough evenly over bottom and up sides, flush with rims.

Nutrition Facts



 **PROTEIN 4.99%**  **FAT 59.81%**  **CARBS 35.2%**

Properties

Glycemic Index:13.37, Glycemic Load:10.84, Inflammation Score:-5, Nutrition Score:8.6034782023534%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 4.87mg, Catechin: 4.87mg, Catechin: 4.87mg, Catechin: 4.87mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 242.91kcal (12.15%), Fat: 17.17g (26.41%), Saturated Fat: 4g (25.01%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 20.3g (7.38%), Sugar: 19.54g (21.71%), Cholesterol: 14.94mg (4.98%), Sodium: 15.37mg (0.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Manganese: 1.26mg (63.23%), Copper: 0.29mg (14.57%), Vitamin E: 1.8mg (12.01%), Magnesium: 42mg (10.5%), Phosphorus: 104.93mg (10.49%), Vitamin A: 489.07IU (9.78%), Fiber: 2.43g (9.73%), Vitamin K: 8.72µg (8.3%), Zinc: 1.21mg (8.09%), Vitamin B1: 0.11mg (7.25%), Vitamin B3: 1.25mg (6.23%), Potassium: 210.69mg (6.02%), Iron: 1.06mg (5.89%), Vitamin C: 4.29mg (5.2%), Vitamin B2: 0.09mg (5.11%), Selenium: 2.67µg (3.81%), Folate: 10.88µg (2.72%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.05mg (2.6%), Calcium: 19.55mg (1.95%), Vitamin D: 0.21µg (1.41%)