



## Peach Cream Tart

 Vegetarian

READY IN



115 min.

SERVINGS



6

CALORIES



577 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter softened 1 stick
- ☐ 3 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 cups flour all-purpose
- ☐ 1 tablespoon lemonade concentrate frozen
- ☐ 0.5 cup peach preserves warmed
- ☐ 28 ounce peaches light peeled drained sliced well canned 16-ounce
- ☐ 0.8 cup cup heavy whipping cream sour

- ☐ 2 tablespoons cup heavy whipping cream    sour
- ☐ 0.8 cup sugar

## Equipment

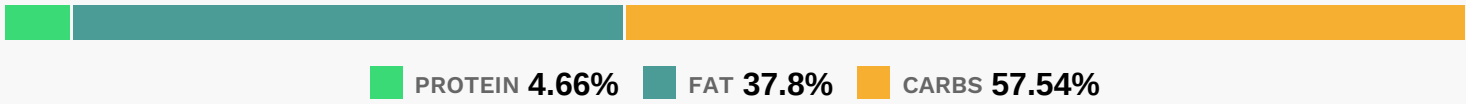
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ tart form
- ☐ pastry brush

## Directions

- ☐ Preheat the oven the 375 degrees F.
- ☐ Place the flour, butter, and sour cream in food processor and pulse to combine. When the dough has formed a ball, pat with lightly floured hands into the bottom and sides of an ungreased 10-inch tart pan with a removable bottom with 1/2-inch sides, or a round au gratin dish.
- ☐ Bake for about 15 minutes, until the crust is set but not browned.
- ☐ Let cool while preparing the filling.
- ☐ Lower the oven temperature to 350 degrees F.
- ☐ To make the filling: If using fresh peaches, peel and thickly slice the peaches. Arrange the fresh or canned peach slices in overlapping circles on top of the crust, until it's completely covered. Overfill the crust, as peaches will draw up during cooking.
- ☐ Combine the egg yolks, sour cream, sugar, and flour and beat until smooth.
- ☐ Pour the mixture over the peaches.
- ☐ Place the tart pan on a baking sheet and bake for about 1 hour, until the custard sets and is pale golden in color. Cover with an aluminum foil tent if the crust gets too dark.
- ☐ Transfer the tart pan to a wire rack to cool. When cool, remove the side wall of the pan.

- ☐
- To make the glaze, combine the preserves or jelly and lemonade.
- ☐
- Spread with a pastry brush over the top of the warm tart.
- ☐
- Serve the tart warm, at room temperature, or chilled.
- ☐
- \*Cook's Note: If using fresh peaches, sprinkle with a little lemon juice after slicing.

Nutrition Facts



Properties

Glycemic Index:60.89, Glycemic Load:49.86, Inflammation Score:-7, Nutrition Score:11.569130565809%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 577.01kcal (28.85%), Fat: 24.73g (38.04%), Saturated Fat: 13.92g (87%), Carbohydrates: 84.69g (28.23%), Net Carbohydrates: 81.55g (29.65%), Sugar: 52.15g (57.94%), Cholesterol: 151.79mg (50.6%), Sodium: 163.18mg (7.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.71%), Selenium: 20.26µg (28.94%), Vitamin A: 1230.62IU (24.61%), Folate: 83.36µg (20.84%), Vitamin B1: 0.3mg (20.3%), Vitamin B2: 0.33mg (19.29%), Manganese: 0.31mg (15.74%), Vitamin B3: 2.96mg (14.82%), Phosphorus: 130.99mg (13.1%), Iron: 2.31mg (12.85%), Fiber: 3.15g (12.59%), Vitamin E: 1.8mg (12.02%), Vitamin C: 8.54mg (10.35%), Copper: 0.19mg (9.55%), Potassium: 273.67mg (7.82%), Vitamin B5: 0.73mg (7.33%), Calcium: 64.65mg (6.47%), Zinc: 0.86mg (5.76%), Magnesium: 22.84mg (5.71%), Vitamin K: 5.94µg (5.66%), Vitamin B6: 0.1mg (4.84%), Vitamin B12: 0.27µg (4.44%), Vitamin D: 0.46µg (3.06%)