



## Peach Crème Brûlée Tart

READY IN



45 min.

SERVINGS



8

CALORIES



369 kcal

DESSERT

### Ingredients

- 1 large eggs lightly beaten
- 3.5 tablespoons flour all-purpose
- 2 cups milk 2% reduced-fat
- 2 cups peaches ripe peeled sliced
- 15 ounce pie crust dough refrigerated (such as Pillsbury)
- 0.1 teaspoon salt
- 0.3 cup sugar
- 0.3 cup sugar
- 4 inch vanilla pod split

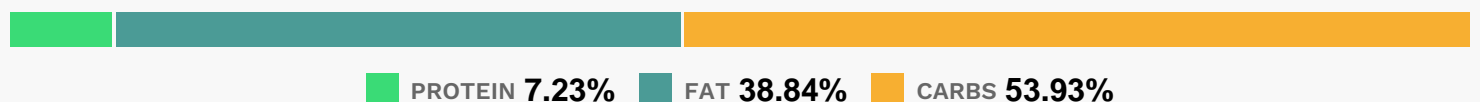
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- blow torch
- tart form

## Directions

- Preheat oven to 450
- Fit the dough into a 9-inch round removable-bottom tart pan, and pierce dough with a fork; bake at 450 for 10 minutes or until lightly browned. Cool completely on a wire rack.
- Place 1/4 cup sugar, flour, and salt in a medium, heavy saucepan. Gradually add milk, stirring with a whisk. Scrape seeds from vanilla bean; add seeds and bean to milk mixture. Cook over medium heat until thick and bubbly (about 5 minutes), stirring constantly.
- Place egg in a large bowl. Gradually stir hot milk mixture into egg. Return milk mixture to pan. Cook 2 minutes or until thick and bubbly, stirring constantly. Spoon custard into a small bowl.
- Place bowl in a larger bowl filled with ice. Cool 20 minutes or until thoroughly chilled, stirring occasionally. Discard vanilla bean.
- Spread chilled custard into bottom of prepared crust. Arrange the peach slices spoke-like on top of chilled custard.
- Sprinkle 1/3 cup sugar evenly over peach slices. Holding a kitchen blow torch about 2 inches from the top of peach slices, heat the sugar, moving the torch back and forth, until the sugar is melted and caramelized (about 3 minutes).

## Nutrition Facts



## Properties

Glycemic Index:31.93, Glycemic Load:13.32, Inflammation Score:-3, Nutrition Score:7.3008695400279%

## Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 368.6kcal (18.43%), Fat: 15.99g (24.61%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 47.96g (17.44%), Sugar: 20.8g (23.11%), Cholesterol: 27.97mg (9.32%), Sodium: 295.56mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin B2: 0.26mg (15.23%), Manganese: 0.29mg (14.57%), Vitamin B1: 0.21mg (13.78%), Folate: 51.41µg (12.85%), Selenium: 8.43µg (12.05%), Phosphorus: 116.94mg (11.69%), Vitamin B3: 2mg (9.99%), Iron: 1.79mg (9.97%), Calcium: 86.6mg (8.66%), Fiber: 2g (7.98%), Vitamin B12: 0.37µg (6.14%), Vitamin B5: 0.59mg (5.94%), Potassium: 193.57mg (5.53%), Vitamin K: 5.18µg (4.94%), Zinc: 0.72mg (4.77%), Magnesium: 19.02mg (4.75%), Vitamin A: 219.97IU (4.4%), Copper: 0.08mg (4.19%), Vitamin E: 0.61mg (4.07%), Vitamin B6: 0.07mg (3.53%), Vitamin C: 1.7mg (2.06%)