



Peach Melba Tart

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.3 cup confectioners' sugar
- ☐ 8 ounce cream cheese at room temperature
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 2 lemon zest fresh
- ☐ 1 pinch nutmeg freshly grated

- ☐ 1 peaches diced
- ☐ 2 peaches firm thinly sliced
- ☐ 0.5 cup raspberries
- ☐ 0.5 cup ricotta cheese
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted cold cut into small pieces

Equipment

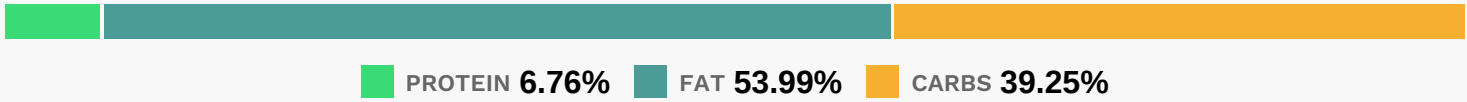
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Make the crust: Preheat the oven to 375 degrees F.
- ☐ Spread the almonds on a baking sheet and bake until slightly golden, about 5 minutes.
- ☐ Transfer to a bowl and let cool completely.
- ☐ Combine the flour, 1/3 cup of the toasted almonds, the granulated sugar and salt in a food processor and pulse until finely ground.
- ☐ Add the butter and pulse until the mixture looks like coarse meal.
- ☐ Add 2 tablespoons ice water and pulse until the dough just comes together. Turn out the dough onto a piece of plastic wrap and form into a disk; wrap tightly and refrigerate until slightly firm, about 15 minutes. Unwrap the dough and press evenly into the bottom and up the sides of a 9-inch tart pan with a removable bottom. Freeze until firm, about 10 minutes.

- ☐ Place the tart pan on a baking sheet. Line the crust with foil and fill with pie weights or dried beans.
- ☐ Bake until the edge of the crust is slightly golden, about 20 minutes.
- ☐ Remove the foil and weights and continue baking until the crust is golden brown all over, 15 to 20 more minutes.
- ☐ Transfer to a rack to cool completely.
- ☐ Combine the diced peach, granulated sugar, lemon zest and juice, and 1 cup water in a small saucepan. Bring to a simmer over medium heat and cook until the peach is soft and the glaze is thickened, about 10 minutes.
- ☐ Remove the lemon zest; let the glaze cool.
- ☐ Mix the ricotta, cream cheese, confectioners' sugar and nutmeg in a bowl with a mixer until smooth; spread evenly in the crust. Arrange the sliced peaches on top of the filling in concentric circles.
- ☐ Brush with all but about 1 tablespoon of the glaze. Gently toss the raspberries with the remaining glaze, then scatter on top of the tart along with the remaining toasted almonds.
- ☐ Serve immediately or cover and refrigerate up to 4 hours.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:19.97, Inflammation Score:-6, Nutrition Score:8.1452173253764%

Flavonoids

Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg

Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 381.52kcal (19.08%), Fat: 23.58g (36.27%), Saturated Fat: 12.69g (79.31%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 36.15g (13.14%), Sugar: 25.81g (28.68%), Cholesterol: 59.11mg (19.7%), Sodium: 183.87mg (7.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.29%), Vitamin A: 898.59IU (17.97%), Vitamin E: 2.47mg (16.47%), Manganese: 0.31mg (15.29%), Selenium: 10.32µg (14.74%), Vitamin B2: 0.25mg (14.56%), Phosphorus: 113.07mg (11.31%), Fiber: 2.41g (9.66%), Folate: 35.25µg (8.81%), Vitamin B1: 0.13mg (8.73%), Vitamin C: 7.18mg (8.7%), Calcium: 84.37mg (8.44%), Magnesium: 29.4mg (7.35%), Vitamin B3: 1.45mg (7.27%), Copper: 0.14mg (7.03%), Iron: 1.11mg (6.18%), Potassium: 199.42mg (5.7%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.41mg (4.05%), Vitamin K: 3.81µg (3.63%), Vitamin B6: 0.06mg (2.89%), Vitamin B12: 0.13µg (2.22%), Vitamin D: 0.19µg (1.26%)