



Peach-Nectarine Tart

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 pound nectarines peeled sliced
- ☐ 0.3 cup peach preserves
- ☐ 0.8 pound peaches peeled sliced
- ☐ 15 oz piecrusts refrigerated
- ☐ 0.5 cup sugar

- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract

Equipment

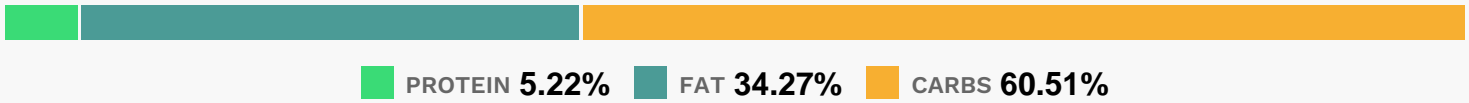
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Line baking sheet with parchment paper; coat parchment paper with cooking spray.
- ☐ Preheat oven to 35
- ☐ Stir together nectarines, peaches, and next 4 ingredients in a large bowl.
- ☐ Let stand 30 minutes, stirring occasionally.
- ☐ Unroll piecrust on prepared baking sheet.
- ☐ Roll into a 12-inch circle.
- ☐ Drain fruit mixture, reserving liquid. Toss nectarines and peaches in flour.
- ☐ Mound nectarines and peaches in center of piecrust, leaving a 3-inch border. Fold piecrust border up and over fruit, pleating as you go, leaving an opening about 5 inches wide in center.
- ☐ Stir together egg and 1 Tbsp. water.
- ☐ Brush piecrust with egg mixture, and sprinkle with 1 Tbsp. sugar.
- ☐ Bake at 350 for 45 minutes or until filling is bubbly and crust is golden. Carefully transfer tart on parchment paper to a wire rack; cool 20 minutes.
- ☐ Meanwhile, bring reserved nectarine-peach liquid to a boil in a small saucepan over medium heat. Boil 1 to 2 minutes or until slightly thickened.
- ☐ Let cool slightly.
- ☐ Brush or drizzle 1 to 2 Tbsp. hot nectarine-peach liquid over exposed fruit in center of tart.

Serve immediately with remaining nectarine-peach syrup, and, if desired, Sweet Cream Topping.

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:18.45, Inflammation Score:-4, Nutrition Score:6.6552173573038%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 384.6kcal (19.23%), Fat: 14.76g (22.7%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 55.82g (20.3%), Sugar: 27.85g (30.95%), Cholesterol: 23.25mg (7.75%), Sodium: 242.12mg (10.53%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 5.05g (10.11%), Manganese: 0.3mg (15.06%), Vitamin B1: 0.18mg (12.21%), Folate: 48.55µg (12.14%), Vitamin B3: 2.32mg (11.62%), Fiber: 2.8g (11.2%), Iron: 1.89mg (10.49%), Vitamin B2: 0.16mg (9.54%), Selenium: 6.53µg (9.33%), Phosphorus: 74.86mg (7.49%), Copper: 0.13mg (6.48%), Vitamin A: 314.43IU (6.29%), Vitamin E: 0.9mg (5.98%), Vitamin K: 6.03µg (5.74%), Potassium: 181.36mg (5.18%), Vitamin C: 4.25mg (5.15%), Vitamin B5: 0.46mg (4.62%), Magnesium: 16.87mg (4.22%), Zinc: 0.52mg (3.5%), Vitamin B6: 0.06mg (3.1%), Calcium: 19.73mg (1.97%)