



Peach-Raspberry Streusel Tart

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 egg yolk
- ☐ 21 oz peach pie filling canned
- ☐ 1 cup raspberries unsweetened frozen
- ☐ 0.5 cup oats
- ☐ 0.5 cup flour all-purpose

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup pecans chopped

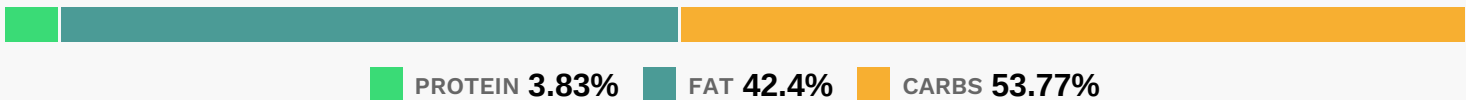
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Heat oven to 400°F. In small bowl, mix crust ingredients with spoon or electric mixer on low speed until dough forms. In ungreased 9-inch tart pan with removable bottom, press dough firmly and evenly against bottom and side.
- ☐ Place pan on cookie sheet.
- ☐ Bake 15 to 20 minutes or until light brown. Cool 10 minutes before filling.
- ☐ Reduce oven temperature to 350°F.
- ☐ Spread pie filling over bottom of partially baked crust. Top with raspberries. In medium bowl, mix topping ingredients with pastry blender or fork until crumbly; sprinkle over raspberries and pie filling.
- ☐ Bake 20 to 25 minutes or until filling is hot and topping is golden brown. Cool completely, about 1 hour 30 minutes, before serving.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:15.1, Inflammation Score:-6, Nutrition Score:8.5000000751537%

Flavonoids

Cyanidin: 7.23mg, Cyanidin: 7.23mg, Cyanidin: 7.23mg, Cyanidin: 7.23mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 433.78kcal (21.69%), Fat: 20.93g (32.2%), Saturated Fat: 4.07g (25.47%), Carbohydrates: 59.73g (19.91%), Net Carbohydrates: 56.57g (20.57%), Sugar: 27.46g (30.51%), Cholesterol: 24.3mg (8.1%), Sodium: 242.2mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Manganese: 0.66mg (33.18%), Vitamin B1: 0.25mg (16.91%), Selenium: 11.51µg (16.45%), Vitamin A: 818.39IU (16.37%), Folate: 52.08µg (13.02%), Fiber: 3.16g (12.62%), Iron: 1.91mg (10.6%), Vitamin B2: 0.16mg (9.41%), Phosphorus: 81.86mg (8.19%), Vitamin B3: 1.6mg (8.02%), Copper: 0.16mg (7.87%), Magnesium: 30.01mg (7.5%), Vitamin E: 0.98mg (6.5%), Vitamin C: 5.28mg (6.39%), Potassium: 146.99mg (4.2%), Zinc: 0.63mg (4.2%), Calcium: 38.2mg (3.82%), Vitamin B5: 0.36mg (3.56%), Vitamin B6: 0.06mg (2.97%), Vitamin K: 1.91µg (1.82%), Vitamin B12: 0.07µg (1.09%)