



Peach Ricotta Tart

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 4 large peaches ripe
- ☐ 0.5 cup pepitas green (pumpkin seeds)
- ☐ 1 pound pizza dough
- ☐ 16 ounce ricotta cheese
- ☐ 0.3 cup sugar

Equipment

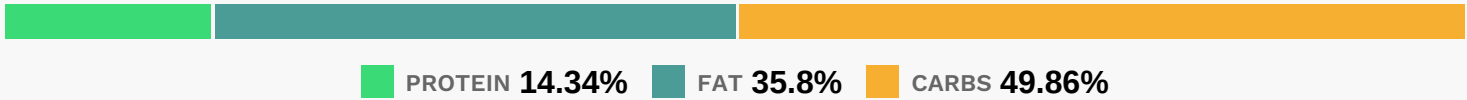
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ grill
- ☐ spatula
- ☐ tongs

Directions

- ☐ Fill a medium saucepan with water and bring to a boil. Drop the peaches into the water for 10 seconds.
- ☐ Remove and rinse under cold water. Use a small knife to slip off the skins.
- ☐ Cut each peach into 8 wedges; set aside.
- ☐ Combine the ricotta and 1/4 cup of the sugar; set aside. In a small bowl, combine the cinnamon, nutmeg, and remaining sugar; set aside.
- ☐ Lightly flour the back of a large baking sheet.
- ☐ Roll out the pizza dough to 1/4 inch thick.
- ☐ Place the dough on the back of the baking sheet and brush it with half the butter. Preheat a gas grill to high; adjust the temperature to low after 15 minutes. (If cooking over charcoal, allow the coals to burn until covered with gray ash.) Using the baking sheet like a big spatula, flip the dough directly onto the grill. Cook until the underside of the dough begins to brown, 4 to 6 minutes. (The crust may bubble.) Using tongs, slide the dough back onto the baking sheet, then flip the ungrilled side onto the grate.
- ☐ Brush the cooked side of the dough with the remaining butter. Arrange the peaches on top.
- ☐ Sprinkle with the pepitas and spiced sugar. Cover grill and cook for 8 to 12 minutes or until the underside of the crust browns. Slide onto the baking sheet.
- ☐ Serve warm with the sweetened ricotta.
- ☐ Rainy-Day Method: Preheat oven to 375 F.

- ☐
- Brush half the butter onto a baking sheet. Prepare the sweet ricotta mixture as above.Prepare the dough as above and place it on the baking sheet.
- ☐
- Bake 12 to 15 minutes.
- ☐
- Remove from oven and top with the peaches, pepitas, and spiced sugar.
- ☐
- Bake 10 more minutes or until the crust is golden.

Nutrition Facts



Properties

Glycemic Index:34.04, Glycemic Load:7.89, Inflammation Score:-5, Nutrition Score:7.2600000008293%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 347.35kcal (17.37%), Fat: 14.2g (21.85%), Saturated Fat: 7.32g (45.74%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 41.95g (15.25%), Sugar: 17.33g (19.25%), Cholesterol: 36.44mg (12.15%), Sodium: 491.82mg (21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.6%), Phosphorus: 159.29mg (15.93%), Selenium: 10.52µg (15.02%), Manganese: 0.28mg (14.21%), Iron: 2.42mg (13.46%), Calcium: 126.23mg (12.62%), Vitamin A: 626.47IU (12.53%), Fiber: 2.55g (10.19%), Magnesium: 37.25mg (9.31%), Vitamin B2: 0.15mg (8.61%), Zinc: 1.18mg (7.87%), Copper: 0.14mg (6.79%), Vitamin E: 0.88mg (5.84%), Potassium: 200.91mg (5.74%), Vitamin B3: 0.97mg (4.85%), Vitamin C: 3.67mg (4.45%), Vitamin K: 3.86µg (3.68%), Folate: 14.54µg (3.64%), Vitamin B12: 0.2µg (3.31%), Vitamin B5: 0.29mg (2.89%), Vitamin B1: 0.04mg (2.65%), Vitamin B6: 0.05mg (2.63%)