



Peach Tart

 Vegetarian

READY IN



115 min.

SERVINGS



6

CALORIES



584 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter room temperature 1 stick
- ☐ 3 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 cups flour all-purpose
- ☐ 6 servings mint leaves for garnish
- ☐ 1 tablespoon orange juice concentrate frozen
- ☐ 0.5 cup peach preserves
- ☐ 6 medium peaches pitted peeled sliced

- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 0.8 cup sugar

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ tart form
- ☐ pastry brush

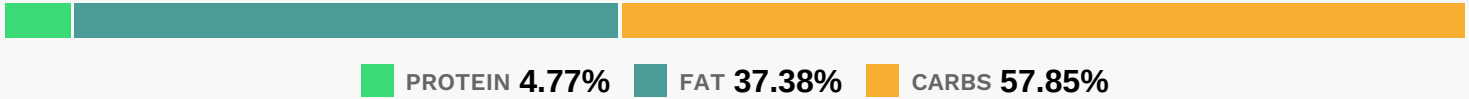
Directions

- ☐ Preheat the oven to 375 degrees F.;
- ☐ Place the flour, butter, and sour cream in a food processor and pulse to combine. When the dough has formed a ball, pat with lightly floured hands into the bottom and sides of an ungreased 10-inch tart pan with a removable bottom and 1/2-inch sides, or a round au gratin dish.
- ☐ Bake for about 15 minutes, until the crust is set but not browned.
- ☐ Let cool while preparing the filling.
- ☐ Lower the oven temperature to 350 degrees F.
- ☐ To make the filling: If using fresh peaches, peel and thickly slice the peaches. Arrange the fresh peach slices in overlapping circles on top of the crust, until it's completely covered. Overfill the crust, as peaches will shrink during cooking.
- ☐ Combine the egg yolks, sour cream, sugar, and flour and beat until smooth.
- ☐ Pour the mixture over the peaches.
- ☐ Place the tart pan on a baking sheet and bake for about 1 hour, until the custard sets and is pale golden in color. Cover with an aluminum foil tent if the crust gets too dark.

- ☐
- Transfer the tart pan to a wire rack to cool. When cool, remove the side wall of the pan.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:60.89, Glycemic Load:50.47, Inflammation Score:-7, Nutrition Score:12.490434688071%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 583.96kcal (29.2%), Fat: 24.77g (38.11%), Saturated Fat: 13.93g (87.04%), Carbohydrates: 86.27g (28.76%), Net Carbohydrates: 82.76g (30.09%), Sugar: 53.27g (59.19%), Cholesterol: 151.79mg (50.6%), Sodium: 165.79mg (7.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Selenium: 20.63µg (29.47%), Vitamin A: 1340.15IU (26.8%), Folate: 87.28µg (21.82%), Vitamin B1: 0.32mg (21.06%), Vitamin B2: 0.34mg (20.03%), Manganese: 0.34mg (16.91%), Vitamin B3: 3.15mg (15.74%), Vitamin C: 12.83mg (15.55%), Fiber: 3.51g (14.04%), Phosphorus: 136.95mg (13.69%), Iron: 2.43mg (13.49%), Vitamin E: 1.95mg (12.97%), Copper: 0.21mg (10.46%), Potassium: 314.69mg (8.99%), Vitamin B5: 0.77mg (7.74%), Calcium: 68.55mg (6.86%), Magnesium: 25.75mg (6.44%), Vitamin K: 6.48µg (6.17%), Zinc: 0.92mg (6.13%), Vitamin B6: 0.11mg (5.42%), Vitamin B12: 0.27µg (4.44%), Vitamin D: 0.46µg (3.06%)