

# Pear and Frangipane Crostata with Raspberry Vinegar Glaze

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



384 kcal

DESSERT

## Ingredients

- 2 tablespoons flour
- 5 ounces almond paste crumbled ( 3 3/4 inches of a 5 1/2-inch log)
- 3 large bosc pear firm cored ripe peeled halved cut into 1/3-inch slices
- 3 tablespoons butter room temperature
- 1 large eggs
- 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- 0.5 cup raspberry vinegar black

5 tablespoons sugar divided

## Equipment

baking sheet

sauce pan

oven

## Directions

Finely grind almond paste in processor.

Add softened butter, flour, and egg; blend until smooth.

Preheat oven to 400°F.

Roll out puff pastry on floured surface to 13x11-inch rectangle. Fold 3/4 inch of edges over; press to adhere to make 11 1/2x9 1/2-inch rectangle.

Transfer to rimmed baking sheet. Pierce surface evenly with fork, avoiding folded edges.

Spread almond paste mixture evenly over crust within folded edges. Arrange pear slices atop filling, overlapping slightly.

Sprinkle with 1 tablespoon sugar.

Bake until crust is deep golden and pears are tender, about 38 minutes. Cool slightly.

Meanwhile, stir vinegar and remaining 1/4 cup sugar in heavy small saucepan over medium heat until sugar dissolves. Increase heat; boil until syrup is reduced to 1/4 cup, about 6 minutes.

Place tart on platter.

Drizzle syrup over.

Sprinkle lightly with peppercorns and serve warm.

\*Black raspberry vinegar is available at some supermarkets and specialty foods stores.

## Nutrition Facts



**PROTEIN 5.26%** **FAT 49.46%** **CARBS 45.28%**

## Properties

Glycemic Index:40.98, Glycemic Load:17.64, Inflammation Score:-4, Nutrition Score:8.231304311234%

## Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 384.47kcal (19.22%), Fat: 21.59g (33.22%), Saturated Fat: 6.34g (39.59%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 40.44g (14.71%), Sugar: 22.63g (25.14%), Cholesterol: 34.54mg (11.51%), Sodium: 122.21mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.33%), Manganese: 0.39mg (19.73%), Vitamin E: 2.85mg (19%), Fiber: 4.03g (16.14%), Selenium: 10.91µg (15.58%), Vitamin B2: 0.22mg (13.15%), Folate: 49.39µg (12.35%), Vitamin B1: 0.16mg (10.95%), Copper: 0.19mg (9.75%), Phosphorus: 91.29mg (9.13%), Magnesium: 35.99mg (9%), Vitamin B3: 1.78mg (8.92%), Vitamin K: 9.12µg (8.68%), Iron: 1.45mg (8.08%), Potassium: 197.31mg (5.64%), Calcium: 47.46mg (4.75%), Vitamin C: 3.73mg (4.52%), Zinc: 0.62mg (4.11%), Vitamin A: 186.82IU (3.74%), Vitamin B6: 0.05mg (2.47%), Vitamin B5: 0.17mg (1.72%), Vitamin B12: 0.06µg (1.08%)