

## Pear and Hazelnut Frangipane Tart

READY IN



45 min.

SERVINGS



10

CALORIES



343 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 3 anjou pear
- 0.3 cup apricot preserves
- 2 large eggs
- 0.3 cup flour all-purpose
- 1 cup hazelnuts cooled toasted
- 10 servings pie crust dough
- 0.5 cup sugar
- 6 tablespoons butter unsalted cold softened

1 teaspoon vanilla extract

## Equipment

food processor

frying pan

oven

hand mixer

## Directions

Preheat oven to 350°F.

Pulse hazelnuts with 1/4 cup sugar in a food processor until finely ground, then add flour and pulse to combine.

Beat together butter and remaining 1/4 cup sugar with an electric mixer at moderately high speed until pale and fluffy.

Add eggs 1 at a time, beating well after each addition, then beat in extracts. Reduce speed to low and mix in nut mixture until just combined.

Spread frangipane filling evenly in tart shell. Peel, halve, and core pears, then cut lengthwise into 1/4-inch-thick slices, holding slices together to keep pear shape intact. Arrange pears decoratively on filling, fanning slices slightly.

Bake until pears are golden and frangipane is puffed and golden brown, 30 to 40 minutes.

Brush pears (not filling) with preserves and cool tart completely in pan on rack, then remove side of pan.

## Nutrition Facts



**PROTEIN 5.65%** **FAT 52.79%** **CARBS 41.56%**

## Properties

Glycemic Index:19.68, Glycemic Load:11.21, Inflammation Score:-4, Nutrition Score:8.6039130169412%

## Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Catechin: 0.31mg, Catechin: 0.31mg,

Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin:

0.65mg, Epigallocatechin: 0.65mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## **Nutrients (% of daily need)**

Calories: 343.36kcal (17.17%), Fat: 20.75g (31.92%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 33.31g (12.11%), Sugar: 18.4g (20.45%), Cholesterol: 55.26mg (18.42%), Sodium: 105.15mg (4.57%), Alcohol: 0.21g (100%), Alcohol %: 0.21% (100%), Protein: 5g (9.99%), Manganese: 0.89mg (44.46%), Vitamin E: 2.27mg (15.14%), Copper: 0.29mg (14.31%), Fiber: 3.45g (13.81%), Vitamin B1: 0.17mg (11.4%), Folate: 42.9µg (10.73%), Iron: 1.57mg (8.72%), Selenium: 5.94µg (8.49%), Phosphorus: 81.91mg (8.19%), Vitamin B2: 0.13mg (7.73%), Magnesium: 28.85mg (7.21%), Vitamin K: 6.23µg (5.94%), Vitamin A: 292IU (5.84%), Vitamin B6: 0.11mg (5.68%), Potassium: 188.96mg (5.4%), Vitamin B3: 1.08mg (5.38%), Vitamin C: 3.57mg (4.33%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.4mg (4%), Calcium: 31.96mg (3.2%), Vitamin D: 0.33µg (2.17%), Vitamin B12: 0.1µg (1.72%)