



Pear and Hazelnut Frangipane Tart

READY IN



45 min.

SERVINGS



10

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3 anjou pears
- ☐ 0.3 cup apricot preserves
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup hazelnuts cooled toasted
- ☐ 10 servings tart shell
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted cold softened

☐ 1 teaspoon vanilla extract

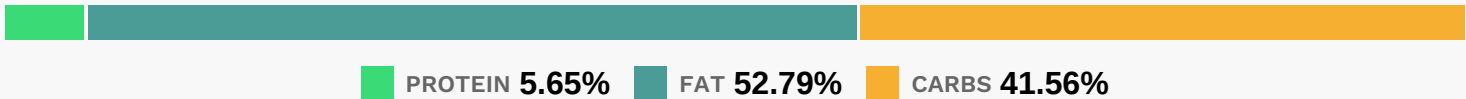
Equipment

- ☐ 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



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%)