



Pear Frangipan Tart

READY IN



45 min.

SERVINGS



10

CALORIES



525 kcal

DESSERT

Ingredients

- ☐ 3 large bosc pears peeled
- ☐ 0.5 cup butter cut into pieces
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose

- ☐ 3 tablespoons ice water
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups slivered almonds
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups water

Equipment

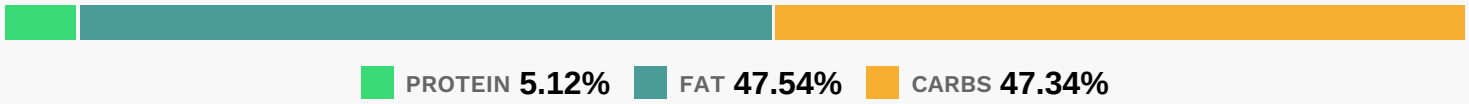
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Pulse first 3 ingredients in a food processor until mixture is crumbly. Slowly add ice water through food chute, pulsing until mixture forms a ball. Flatten dough to a 6" disc; wrap in plastic wrap and chill 1 hour.
- ☐ Process almonds in food processor until finely ground.
- ☐ Combine almonds, 1/2 cup sugar, and 2 tablespoons flour in a small bowl; set aside.
- ☐ Beat softened butter, eggs, powdered sugar, and 1/4 teaspoon salt at medium speed of an electric mixer until creamy.
- ☐ Combine almond and butter mixtures. Cover and chill 1 hour.
- ☐ Roll pastry to 1/8" thickness on a floured surface. Fit pastry into a 10" tart pan; place on a baking sheet.

- ☐ Bake at 425 for 12 minutes. Cool. Reduce oven temperature to 40
- ☐ Combine wine, 2 cups water, 1 cup sugar, and vanilla in a large saucepan; bring just to a boil.
- ☐ Add pears and simmer 8 minutes.
- ☐ Remove from heat. Cool pears completely in liquid.
- ☐ Remove pears and pat dry. Reserve 1 cup poaching liquid.
- ☐ Cut pears in half vertically, remove cores, and cut pears into 1/4" thick lengthwise slices, keeping stem ends intact.
- ☐ Spread almond mixture into baked tart shell. Arrange sliced pear halves over almond mixture, stem ends toward center. Fan pears slightly.
- ☐ Brush pears with melted butter.
- ☐ Bake at 400 for 30 minutes or until golden.
- ☐ Combine reserved 1 cup poaching liquid and cornstarch in a small saucepan, stirring until smooth. Cook over medium heat, stirring constantly, until mixture thickens. Boil 1 minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Brush tart with glaze mixture.
- ☐ Remove sides of tart pan before serving.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:35.41, Inflammation Score:-6, Nutrition Score:10.518695680991%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 525.09kcal (26.25%), Fat: 27.62g (42.49%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 57.51g (20.91%), Sugar: 39.26g (43.62%), Cholesterol: 86mg (28.67%), Sodium: 237mg (10.3%), Alcohol: 2.75g (100%), Alcohol %: 1.42% (100%), Protein: 6.69g (13.37%), Vitamin E: 4.23mg (28.17%), Manganese: 0.51mg (25.71%), Vitamin B2: 0.34mg (19.77%), Fiber: 4.38g (17.52%), Selenium: 11.02µg (15.74%), Vitamin A: 688.74IU (13.77%), Vitamin B1: 0.2mg (13.43%), Folate: 53.46µg (13.37%), Magnesium: 50.47mg (12.62%), Phosphorus: 125.13mg (12.51%), Copper: 0.24mg (12.22%), Iron: 1.83mg (10.17%), Vitamin B3: 1.84mg (9.21%), Potassium: 239.39mg (6.84%), Calcium: 61.2mg (6.12%), Zinc: 0.82mg (5.47%), Vitamin K: 4.81µg (4.58%), Vitamin B6: 0.08mg (3.87%), Vitamin B5: 0.38mg (3.76%), Vitamin C: 2.97mg (3.6%), Vitamin B12: 0.13µg (2.15%), Vitamin D: 0.2µg (1.33%)