



WHATSheATE



Pear Tart



Vegetarian



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 1 butter crust recipe (pâte brisée)
- ☐ 0.3 cup almond paste (not marzipan)
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon flour
- ☐ 1 eggs
- ☐ 1 pinch kosher salt
- ☐ 0.5 teaspoon almond extract

- ☐ 3 large bosc pears
- ☐ 6 servings juice of lemon
- ☐ 0.3 cup apricot preserves
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 piece lemon zest
- ☐ 2 tablespoons reisling
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Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ tart form

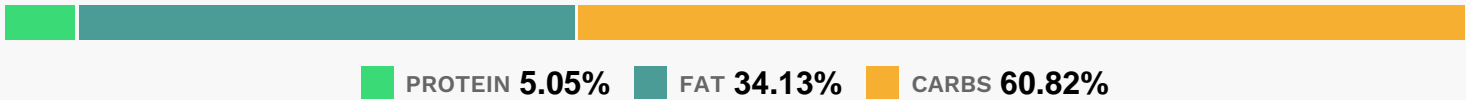
Directions

- ☐ Roll the crust dough out to a 13-inch circle and press it into a 10-inch tart pan with a removable bottom (if you don't have a tart pan, a pie plate is just fine). Fit the dough into the edges and then trim off the excess dough leaning over the top.
- ☐ Put the crust in the freezer to chill for a half hour.
- ☐ Preheat the oven to 375°F.
- ☐ Prepare the frangipane: Beat together the almond paste and sugar to break it apart. Beat in the butter.
- ☐ Mix in the egg, flour, salt, and almond extract and beat until light and fluffy.
- ☐ Don't fret if there are a few little chunks of almond paste. Also, don't worry if it seems like you didn't make enough as the frangipane will rise during baking.
- ☐ Prep the pears: Peel and core the pears, and then slice them thinly, about 1/8 to 1/4-inch thick.
- ☐ Place the slices in a bowl with the lemon juice to help preserve their color.
- ☐ Spread the frangipane over the bottom of the tart shell. Next, carefully arrange the pear slices in a decorative pattern (they can slightly overlap, but don't build them up in layers or the tart

will lack a refined appearance).

- ☐ Bake at 375°F for 30–35 minutes or until the pears take on a bit of color and the edges of the tart shell are golden brown. Cool on a wire rack.
- ☐ Make the apricot glaze: While the tart bakes, place the apricot jam, lemon peel, vanilla extract, and water or Riesling into a small sauce pan and warm over medium heat for 5 to 8 minutes, constantly stirring. Once the mixture has reduced and thickened take it off the heat and set it aside.
- ☐ Glaze the tart and serve: Once the tart is out of the oven brush the apricot glaze over the pears.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:6.73, Inflammation Score:-3, Nutrition Score:5.9373913329581%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.35mg, Epicatechin: 4.35mg, Epicatechin: 4.35mg, Epicatechin: 4.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 207.68kcal (10.38%), Fat: 8.35g (12.84%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 29.09g (10.58%), Sugar: 21.92g (24.36%), Cholesterol: 37.67mg (12.56%), Sodium: 24.99mg (1.09%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 2.78g (5.56%), Fiber: 4.38g (17.54%), Vitamin C: 12.92mg (15.66%), Vitamin E: 2.07mg (13.79%), Manganese: 0.18mg (9.06%), Copper: 0.17mg (8.66%), Vitamin B2: 0.13mg (7.62%), Magnesium: 27.22mg (6.81%), Folate: 26.36µg (6.59%), Phosphorus: 65.02mg (6.5%), Potassium: 211.27mg (6.04%), Vitamin K: 5.42µg (5.17%), Selenium: 3.6µg (5.14%), Vitamin A: 210.74IU (4.21%), Calcium: 41.8mg

(4.18%), Iron: 0.67mg (3.7%), Vitamin B6: 0.06mg (3.09%), Zinc: 0.43mg (2.84%), Vitamin B1: 0.04mg (2.76%),
Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.22mg (2.19%), Vitamin D: 0.22µg (1.44%), Vitamin B12: 0.07µg (1.22%)