



Pine nut & honey tart

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



770 kcal

DESSERT

Ingredients

- ☐ 100 g raisin
- ☐ 140 g glacé fruit mixed chopped
- ☐ 3 tbsp orange juice
- ☐ 300 g dessert pastry sweet
- ☐ 50 g flour plain for dusting
- ☐ 175 g butter softened
- ☐ 175 g golden caster sugar
- ☐ 175 g ground almonds

- ☐ 5 eggs beaten
- ☐ 85 g pinenuts
- ☐ 2 tbsp clear honey for drizzling

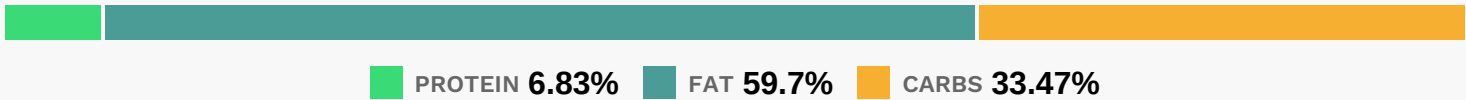
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Put the raisins and glac fruit in a bowl with the rum or juice, then soak for 1 hr.
- ☐ Roll out the pastry on a surface lightly dusted with flour, then use it to line a deep 23cm loose-bottomed tart tin. Leave the pastry overhanging the edges, prick the base, then chill for 1 hr.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Fill the pastry case with baking paper and baking beans, then blind-bake for 8 mins.
- ☐ Remove paper and beans, then bake for about 5 mins more. Allow to cool a little.
- ☐ Beat the butter, sugar, almonds, flour and eggs. Stir in the fruit, then pour into the case. Scatter over the pine nuts, press lightly into the surface, then drizzle with honey.
- ☐ Return the tart to the oven, turn down heat to 180C/160C fan/gas 4 and bake for 40–50 mins until firm to the touch. If the top browns too quickly, cover with foil. Cool in the tin. Will keep in a cool place for 2 days and will freeze for 3 months. Thaw at room temperature for 5 hrs.
- ☐ Drizzle with honey to serve.

Nutrition Facts



Properties

Glycemic Index:43.01, Glycemic Load:20.47, Inflammation Score:-6, Nutrition Score:14.383043558701%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 769.57kcal (38.48%), Fat: 52.9g (81.38%), Saturated Fat: 17.04g (106.51%), Carbohydrates: 66.74g (22.25%), Net Carbohydrates: 62.15g (22.6%), Sugar: 29.59g (32.88%), Cholesterol: 149.33mg (49.78%), Sodium: 284.19mg (12.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Manganese: 1.23mg (61.29%), Selenium: 20.32µg (29.02%), Iron: 3.72mg (20.66%), Vitamin B2: 0.33mg (19.12%), Fiber: 4.6g (18.39%), Vitamin B1: 0.27mg (18.06%), Phosphorus: 163.69mg (16.37%), Vitamin A: 764.21IU (15.28%), Folate: 60.84µg (15.21%), Copper: 0.28mg (13.88%), Vitamin K: 14.21µg (13.53%), Vitamin B3: 2.69mg (13.46%), Vitamin E: 2mg (13.31%), Magnesium: 45.18mg (11.3%), Calcium: 96.52mg (9.65%), Zinc: 1.36mg (9.08%), Potassium: 299.47mg (8.56%), Vitamin B5: 0.56mg (5.64%), Vitamin B6: 0.11mg (5.35%), Vitamin C: 4.36mg (5.28%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.55µg (3.67%)