



## Plum and Almond Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

DESSERT

### Ingredients

- ☐ 5 ounces all purpose flour (140 g)
- ☐ 0.8 teaspoon almond extract
- ☐ 4 oz crème fraîche
- ☐ 1 egg yolk
- ☐ 3 Tbsp ground almonds
- ☐ 2 Tbsp brown sugar light
- ☐ 2 tsp orange-flower water
- ☐ 2 lbs plums

- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 4 oz butter unsalted

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ tart form

## Directions

- ☐ For the crust:Preheat oven to 350 degrees F. Melt the butter in a saucepan or microwave.
- ☐ Combine the flour, sugar, ground almonds, and salt in a medium bowl.
- ☐ Pour in the melted butter and almond extract. Use a fork to combine ingredients until it forms a solid dough.Press the dough into the bottom and up the sides of a 9-inch tart pan with removable bottom. A dough tamper can help you press out the dough evenly.
- ☐ Bake the tart shell for about 25–30 minutes until the shell is golden brown.
- ☐ Combine the creme fraiche, egg yolk, brown sugar, and orange flower water together in a small bowl. Set aside.Slice the plums in half vertically and remove the pit. Using a sharp paring knife, cut a V-notch in the bottom of each half.
- ☐ Pour the filling into the tart shell. Arrange the plum halves vertically in overlapping circles, starting from the center.
- ☐ Sprinkle the sugar over the top of the plums.
- ☐ Bake for 25–30 minutes, until the custard has just set and the fruit has softened and browned slightly at the edges.
- ☐ Let cool slightly before serving.

## Nutrition Facts



 **PROTEIN 6.05%**  **FAT 48.42%**  **CARBS 45.53%**

## Properties

Glycemic Index:18.14, Glycemic Load:11.88, Inflammation Score:-7, Nutrition Score:5.5169565470322%

## Nutrients (% of daily need)

Calories: 302.67kcal (15.13%), Fat: 16.33g (25.12%), Saturated Fat: 9.05g (56.54%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 32.42g (11.79%), Sugar: 14.84g (16.49%), Cholesterol: 63.14mg (21.05%), Sodium: 44.63mg (1.94%), Alcohol: 0.13g (100%), Alcohol %: 0.09% (100%), Protein: 4.59g (9.17%), Vitamin A: 1155.37IU (23.11%), Vitamin C: 12.37mg (15%), Selenium: 7.99µg (11.41%), Vitamin B1: 0.15mg (9.78%), Folate: 37.02µg (9.25%), Fiber: 2.13g (8.52%), Vitamin B2: 0.13mg (7.59%), Manganese: 0.13mg (6.36%), Iron: 1.02mg (5.66%), Vitamin B3: 1.07mg (5.35%), Phosphorus: 42.23mg (4.22%), Calcium: 31.38mg (3.14%), Vitamin E: 0.45mg (3.01%), Vitamin D: 0.33µg (2.23%), Vitamin B5: 0.21mg (2.12%), Copper: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.63%), Zinc: 0.24mg (1.58%), Magnesium: 6.03mg (1.51%), Potassium: 47.14mg (1.35%), Vitamin K: 1.27µg (1.21%), Vitamin B6: 0.02mg (1.16%)