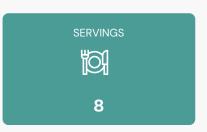


Plum and Almond Tart

Vegetarian







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

	O.1 teaspoon salt				
	2 tablespoons sugar				
	4 oz butter unsalted				
Equipment					
	bowl				
	sauce pan				
	oven				
	knife				
	microwave				
	tart form				
Di	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

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%)