



Plum & ginger tart

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 50 g breadcrumbs dried
- ☐ 50 g muscovado sugar light
- ☐ 25 g ginger chopped
- ☐ 1 egg whites lightly beaten
- ☐ 300 g puff pastry
- ☐ 600 g plums halved
- ☐ 8 servings clotted cream

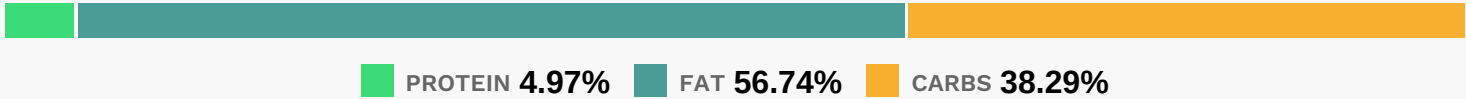
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix together the breadcrumbs, sugar, ginger and egg white.
- ☐ Roll out the pastry and cut into a 35cm round.
- ☐ Transfer to a large baking sheet, then use a fork to spread the crumb paste over the centre of the pastry to within 7cm of the edges. Cover with the plums, cut-sides up, and sprinkle with 1 tbsp sugar.
- ☐ Flip the pastry over the plums to create an edge, pleating or pinching it together with your fingers to keep in place.
- ☐ Bake for 20-25 mins until the pastry is crisp and golden. Cool for 5 mins on the baking sheet, then slide onto a large, flat serving plate or board.
- ☐ Serve warm cut into wedges with clotted cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:12.13, Inflammation Score:-4, Nutrition Score:6.75739133358%

Flavonoids

Cyanidin: 4.22mg, Cyanidin: 4.22mg, Cyanidin: 4.22mg, Cyanidin: 4.22mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin: 0.23mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg, Epicatechin 3-gallate: 0.57mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 382.06kcal (19.1%), Fat: 24.38g (37.51%), Saturated Fat: 9.67g (60.41%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 35.06g (12.75%), Sugar: 14.59g (16.21%), Cholesterol: 24mg (8%), Sodium: 147.51mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Selenium: 11.5µg (16.42%), Vitamin B1: 0.23mg (15.44%), Manganese: 0.29mg (14.55%), Vitamin B3: 2.32mg (11.62%), Vitamin K: 11.25µg (10.72%), Folate: 40.24µg (10.06%), Vitamin B2: 0.17mg (9.9%), Vitamin C: 7.28mg (8.83%), Iron: 1.46mg (8.09%), Fiber: 1.96g (7.82%), Vitamin A: 319.13IU (6.38%), Copper: 0.11mg (5.62%), Phosphorus: 55.69mg (5.57%), Potassium: 193.27mg (5.52%), Magnesium: 17.26mg (4.31%), Vitamin E: 0.61mg (4.07%), Calcium: 34.14mg (3.41%), Zinc: 0.38mg (2.52%), Vitamin B6: 0.04mg (2.25%), Vitamin B5: 0.16mg (1.57%)