Plum Good Tart

READY IN	SERVINGS	CALORIES
45 min.	4	681 kcal

DESSERT

Ingredients

- [ ] 1.5 teaspoons double-acting baking powder
- [ ] 0.3 teaspoon baking soda
- [ ] 1.5 cups flour all-purpose
- [ ] 0.7 cup half-and-half
- [ ] 5 large plums ripe
- [ ] 0.3 teaspoon salt
- [ ] 2 tablespoons sugar
- [ ] 6 tablespoons butter unsalted cold
- [ ] 1 pint whipped cream

Equipment

- [ ] baking sheet
- [ ] sauce pan
- [ ] baking paper
- [ ] oven
- [ ] knife
- [ ] whisk
- [ ] plastic wrap
- [ ] microwave

Directions

- [ ] Whisk together flour, 1 Tbsp. sugar, baking powder, baking soda and salt.
- [ ] Cut 4 Tbsp. butter into little pieces, add to flour mixture, and cut in butter with fingertips or two knives until mixture is mealy. Stir in half-and-half until dough forms. Mold dough into a brick shape, place in plastic wrap and chill while you prepare topping.
- [ ] Halve and pit plums and then cut each half into 3 wedges. Melt remaining 2 Tbsp. butter in a small saucepan or in microwave.
- [ ] Preheat oven to 450F. Line a baking sheet with parchment paper.
- [ ] Roll out dough on a lightly floured surface to a 12-by-5-inch rectangle. Trim edges with a large, sharp knife to neaten. Then transfer dough base to parchment-paper-lined baking sheet.
- [ ] Brush dough with half of melted butter. Arrange plum wedges horizontally on dough in 5 rows. Dab with remaining melted butter and sprinkle with remaining 1 Tbsp. sugar.
- [ ] Bake until crust is golden and fruit is softened, about 20 minutes.
- [ ] Let tart cool for at least 10 minutes on baking sheet. (If any fruit shifts during baking, rearrange it on tart with a fork while still warm.)
- [ ] Serve with a scoop of vanilla ice cream, if desired.

Nutrition Facts

PROTEIN **6.4%** FAT **46.34%** CARBS **47.26%**

Properties

Glycemic Index:84.19, Glycemic Load:50.16, Inflammation Score:-8, Nutrition Score:15.826956531276%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 680.75kcal (34.04%), Fat: 35.39g (54.45%), Saturated Fat: 21.74g (135.88%), Carbohydrates: 81.23g (27.08%), Net Carbohydrates: 77.98g (28.36%), Sugar: 41.06g (45.62%), Cholesterol: 111.32mg (37.11%), Sodium: 495.29mg (21.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Vitamin B2: 0.62mg (36.67%), Vitamin B1: 0.45mg (30.18%), Calcium: 299.88mg (29.99%), Vitamin A: 1450.21IU (29%), Selenium: 19.56µg (27.94%), Phosphorus: 264.26mg (26.43%), Folate: 97.66µg (24.42%), Manganese: 0.37mg (18.7%), Vitamin B3: 3.3mg (16.51%), Iron: 2.62mg (14.53%), Potassium: 473.82mg (13.54%), Fiber: 3.25g (13.01%), Vitamin B5: 1.14mg (11.44%), Vitamin C: 8.91mg (10.8%), Vitamin B12: 0.57µg (9.56%), Magnesium: 37.51mg (9.38%), Zinc: 1.4mg (9.36%), Vitamin E: 1.19mg (7.9%), Copper: 0.15mg (7.47%), Vitamin K: 7.77µg (7.4%), Vitamin B6: 0.12mg (6.11%), Vitamin D: 0.55µg (3.68%)