



Plum & marzipan tart tatin

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



686 kcal

DESSERT

Ingredients

- ☐ 25 g butter
- ☐ 25 g brown sugar
- ☐ 800 g plums firm ripe halved
- ☐ 100 g marzipan
- ☐ 40 g almond flour
- ☐ 500 g puff pastry frozen thawed
- ☐ 6 servings single cream (single or double)

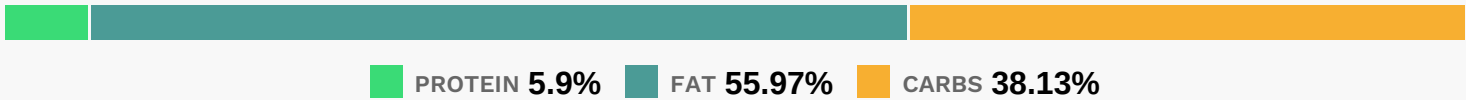
Equipment

☐ oven

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C. Melt the butter in a 28cm tart tatin tin over a medium heat on the hob. Tip in the sugar and 1 tbsp water and cook for a few minutes, stirring all the time until lightly browned. If it looks slightly crumbly at this stage dont be put off, it will right itself in the oven.
- ☐ Remove from the heat and put in the plums, cut side up.
- ☐ Chop the marzipan into as many chunks as there are plum halves and put a chunk of marzipan in the hole in each plum left by the stone.
- ☐ Sprinkle a small pile of ground almonds over each plum half.
- ☐ Roll out the pastry and trim to 3cm larger than the tin all round. Lift the pastry on to the tin and tuck it down between the plums and the inside of the tin. (You can chill the tart ready for baking for up to 24 hours.)
- ☐ Bake for 30–35 minutes, until the pastry is risen, crisp and golden. Cool for 10 minutes in the tin, then place a large flat plate with a rim over the tin. Holding it over the sink in case of drips, carefully invert the tart on to the plate. Some juice from the plums is likely to escape, which is why you need a rim on the plate, but its delicious, especially when mingled with pouring cream.

Nutrition Facts



Properties

Glycemic Index:24.11, Glycemic Load:25.5, Inflammation Score:-7, Nutrition Score:13.734347952773%

Flavonoids

Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3–gallate: 1.01mg, Epicatechin 3–gallate: 1.01mg, Epicatechin 3–gallate: 1.01mg, Epicatechin 3–gallate: 1.01mg Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg, Epigallocatechin 3–gallate: 0.53mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 686.29kcal (34.31%), Fat: 43.53g (66.97%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 66.72g (22.24%), Net Carbohydrates: 62.39g (22.69%), Sugar: 24.79g (27.54%), Cholesterol: 10.07mg (3.36%), Sodium: 241.3mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.65%), Manganese: 0.73mg (36.43%), Selenium: 20.43µg (29.19%), Vitamin B1: 0.39mg (25.85%), Vitamin B3: 4.61mg (23.04%), Vitamin K: 22.27µg (21.21%), Folate: 81.87µg (20.47%), Vitamin B2: 0.33mg (19.5%), Vitamin E: 2.9mg (19.35%), Fiber: 4.32g (17.29%), Iron: 2.96mg (16.44%), Vitamin C: 12.67mg (15.36%), Copper: 0.25mg (12.4%), Magnesium: 46.53mg (11.63%), Vitamin A: 577.17IU (11.54%), Phosphorus: 113.11mg (11.31%), Potassium: 312.68mg (8.93%), Zinc: 0.83mg (5.55%), Calcium: 45.31mg (4.53%), Vitamin B6: 0.06mg (3.25%), Vitamin B5: 0.24mg (2.43%)