



Plum Pine-Nut Tart



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

Ingredients

- ☐ 0.5 teaspoon aniseed
- ☐ 8 servings pastry crust sweet
- ☐ 0.3 cup pinenuts
- ☐ 2 pounds plums red (8)

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

- ☐ pizza pan
- ☐ baking pan
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Let dough stand at room temperature until softened and malleable, about 30 minutes to 1 hour.
- ☐ While dough is standing, preheat oven to 375°F.
- ☐ In a baking pan toast 2 tablespoons pine nuts in middle of oven until golden, about 5 minutes, and reserve.
- ☐ Cut each plum lengthwise into 12 wedges. In a food processor pulse together remaining 1/4 cup pine nuts, 1/2 cup confectioners sugar and anise seeds until pine nuts are finely ground.
- ☐ Knead dough on a lightly floured surface 3 or 4 times to help it roll out smoothly, and form it into a disk. On a work surface overlap 2 pieces of wax paper to make a 17- to 18-inch square and dust with flour. Put dough on wax paper and dust dough lightly with flour. With a floured rolling pin roll out dough into a 17-inch round (about 1/8 inch thick).
- ☐ To transfer dough to pizza pan, slide a large baking sheet under wax paper and invert pizza pan onto dough. Holding baking sheet and pizza pan together, flip dough onto pizza pan and carefully peel off wax paper. (Unwieldy as it may sound, use this same method for transferring dough to a baking sheet if you aren't using a pizza pan.)
- ☐ Sprinkle dough with all but 2 tablespoons nut mixture, leaving a border of about 2 inches. Scatter plums over nut mixture and turn edge of dough over plums.
- ☐ Sprinkle plums with remaining nut mixture and reserved toasted pine nuts.
- ☐ Bake tart in middle of oven until crust is golden and juices are bubbling, 35 to 40 minutes. Cool tart in pan on a rack at least 20 minutes and transfer to a large wooden board. Tart may be made 4 hours ahead and kept, uncovered, at room temperature.
- ☐ Just before serving, lightly dust tart with additional confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:8.05, Inflammation Score:-5, Nutrition Score:6.2895652729532%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 137.79kcal (6.89%), Fat: 4.36g (6.71%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 21.41g (7.79%), Sugar: 11.43g (12.71%), Cholesterol: 0mg (0%), Sodium: 91.87mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Manganese: 0.52mg (26.18%), Vitamin C: 10.83mg (13.13%), Vitamin B1: 0.15mg (10.02%), Vitamin K: 10.01µg (9.53%), Fiber: 2.12g (8.49%), Vitamin A: 392.84IU (7.86%), Vitamin B3: 1.44mg (7.18%), Copper: 0.14mg (7.03%), Selenium: 4.46µg (6.38%), Potassium: 219.08mg (6.26%), Vitamin B2: 0.1mg (6.13%), Iron: 1.08mg (6.01%), Folate: 23.84µg (5.96%), Phosphorus: 57.2mg (5.72%), Magnesium: 21.59mg (5.4%), Vitamin E: 0.7mg (4.69%), Zinc: 0.49mg (3.23%), Vitamin B5: 0.22mg (2.25%), Vitamin B6: 0.04mg (2.17%), Calcium: 10.38mg (1.04%)