



Plum Portrait Tart

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.3 lb butter
- 3 large eggs
- 1 cup flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon orange zest grated
- 1 tablespoons powdered sugar
- 1 pounds plums

0.3 teaspoon salt

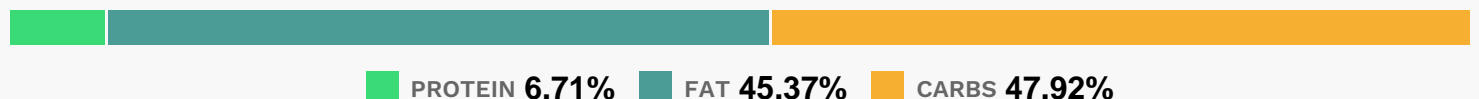
Equipment

- bowl
- frying pan
- oven
- knife
- blender
- tart form

Directions

- Cut 1/2 cup butter into small pieces and put in a bowl.
- Add 1/2 cup granulated sugar and stir to combine, then beat with a mixer on high speed until well blended, about 2 minutes.
- Add orange peel, almond extract, salt, and eggs. Stir to mix, then beat on high speed until well blended and smooth, 3 to 4 minutes.
- Add 1 cup flour and stir to mix, then beat on high speed to blend.
- Butter and flour an 11- to 11 1/2-inch tart pan with removable bottom. Scrape batter into pan and spread level.
- Rinse plums, cut in half, and pit; cut fruit into 1/4-inch-thick slices. Overlap all the slices on batter; sprinkle with remaining 2 tablespoons granulated sugar.
- Bake on the middle rack of a 375 regular or convection oven until batter that pops up around fruit is lightly browned and tart begins to pull away from pan sides, 35 to 45 minutes.
- Let cool about 10 minutes. Dust with powdered sugar (on the cut fruit, the sugar melts quickly).
- Remove pan rim (if tart sticks, use a small knife to release it from the rim) and set on a plate.
- Serve hot, warm, or cool.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:15.64, Inflammation Score:-5, Nutrition Score:4.7808695461439%

Flavonoids

Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 211.73kcal (10.59%), Fat: 10.84g (16.67%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 24.76g (9%), Sugar: 15.38g (17.09%), Cholesterol: 55.8mg (18.6%), Sodium: 186.76mg (8.12%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 3.6g (7.21%), Vitamin A: 643.95IU (12.88%), Selenium: 8.91µg (12.73%), Vitamin B2: 0.15mg (8.75%), Folate: 32.37µg (8.09%), Vitamin B1: 0.12mg (7.88%), Manganese: 0.11mg (5.7%), Vitamin C: 4.6mg (5.58%), Phosphorus: 53.12mg (5.31%), Iron: 0.93mg (5.15%), Vitamin B3: 0.94mg (4.72%), Vitamin E: 0.63mg (4.23%), Fiber: 0.99g (3.97%), Vitamin B5: 0.36mg (3.57%), Potassium: 111mg (3.17%), Vitamin K: 2.99µg (2.84%), Copper: 0.06mg (2.79%), Vitamin B12: 0.14µg (2.41%), Vitamin B6: 0.05mg (2.28%), Zinc: 0.33mg (2.19%), Magnesium: 8.13mg (2.03%), Vitamin D: 0.3µg (2%), Calcium: 16.89mg (1.69%)