



Plum Shortbread Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons amaretto
- ☐ 1 tablespoon apricot preserves
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 1 large egg yolk
- ☐ 6 large egg yolk
- ☐ 0.8 cup flour all-purpose
- ☐ 6 tablespoons flour all-purpose

- ☐ 1 tablespoon lemon zest loosely packed
- ☐ 2 cups milk
- ☐ 4 plums thinly sliced
- ☐ 0.3 cup powdered sugar
- ☐ 1 pinch sea salt
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.5 cup sugar

Equipment

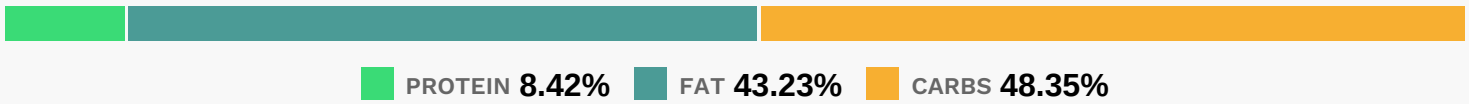
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ Pulse 3/4 cup all-purpose flour, almonds, and a pinch of sea salt in a food processor 3 times or until combined. Beat powdered sugar and 1/4 cup softened butter at medium speed with an electric mixer 5 minutes or until pale and fluffy. Gradually add flour mixture and 1 egg yolk, beating at low speed until a dough forms. Press dough into a lightly greased 13- x 4-inch tart pan with removable bottom. Chill 10 minutes.
- ☐ Bake 14 minutes or until golden. Cool completely.
- ☐ Whisk 6 egg yolks until thick and pale.
- ☐ Whisk together sugar, 6 Tbsp. all-purpose flour, and a pinch of sea salt.
- ☐ Combine milk and lemon zest in a saucepan; cook over medium heat, stirring constantly, 5 minutes or just until it begins to steam.

- ☐
- Whisk in sugar mixture, whisking constantly just until bubbles appear. Gradually stir one-fourth of hot milk mixture into yolks; add to remaining hot milk mixture, stirring constantly. Bring mixture to a low boil over medium heat; remove from heat. Stir in 2 Tbsp. butter and amaretto liqueur.
- ☐
- Transfer to a bowl; place plastic wrap directly onto custard. Cool 1 hour.
- ☐
- Spread into crust; top with thinly sliced plums.
- ☐
- Brush with warm apricot preserves.

Nutrition Facts



Properties

Glycemic Index:50.84, Glycemic Load:20.69, Inflammation Score:-5, Nutrition Score:9.4865216586901%

Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 343.83kcal (17.19%), Fat: 16.49g (25.37%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 40.05g (14.56%), Sugar: 26.18g (29.09%), Cholesterol: 190.75mg (63.58%), Sodium: 105.23mg (4.58%), Alcohol: 0.98g (100%), Alcohol %: 0.75% (100%), Protein: 7.23g (14.45%), Selenium: 15.78µg (22.55%), Vitamin B2: 0.3mg (17.88%), Phosphorus: 162.8mg (16.28%), Folate: 57.03µg (14.26%), Vitamin B1: 0.21mg (14.25%), Vitamin A: 697.44IU (13.95%), Manganese: 0.23mg (11.28%), Calcium: 112.14mg (11.21%), Vitamin E: 1.63mg (10.84%), Vitamin B12: 0.64µg (10.62%), Vitamin D: 1.47µg (9.83%), Vitamin B5: 0.82mg (8.23%), Iron: 1.42mg (7.91%), Vitamin B3: 1.37mg (6.83%), Potassium: 209.96mg (6%), Magnesium: 23.84mg (5.96%), Zinc: 0.87mg (5.78%), Fiber: 1.44g (5.76%), Vitamin B6: 0.11mg (5.66%), Vitamin C: 4.32mg (5.24%), Copper: 0.1mg (4.83%), Vitamin K: 3.19µg (3.04%)