



Plum Tart

 Vegetarian  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



257 kcal

DESSERT

Ingredients

- 0.3 cup butter flavor shortening
- 1 eggs lightly beaten
- 1 tablespoon flour all-purpose
- 2 cups plums fresh sliced (3 large)
- 0.3 teaspoon salt
- 0.3 cup sugar
- 3 tablespoons sugar divided
- 2 tablespoons water cold

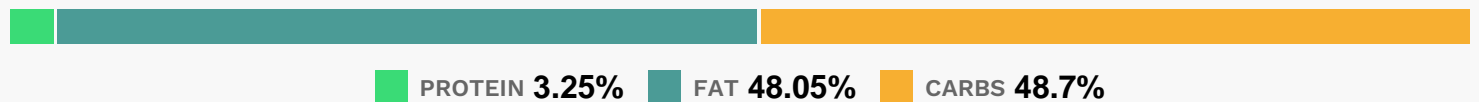
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- In a bowl, combine the flour, sugar and salt; cut in the shortening until crumbly. Gradually add water, tossing with a fork until a ball forms. Cover and refrigerate for at least 1-1/2 hours.
- On a lightly floured surface, roll pastry into a 9-in. circle.
- Transfer to a foil-lined 15-in. x 10-in. x 1-in. baking pan.
- In a bowl, combine the plums, 3 tablespoons sugar and flour.
- Place in the center of pastry. Bring edges of pastry over filling, leaving 3-1/2 in. of filling uncovered.
- Brush pastry with egg white, then sprinkle with remaining sugar.
- Bake at 375° for 40-45 minutes or until bubbly and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:19.23, Inflammation Score:-3, Nutrition Score:3.9004348205483%

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, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 256.54kcal (12.83%), Fat: 14.18g (21.81%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 31.12g (11.32%), Sugar: 29.69g (32.99%), Cholesterol: 40.92mg (13.64%), Sodium: 162.1mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Vitamin K: 12.13µg (11.56%), Vitamin C: 7.84mg (9.5%), Vitamin E: 1.12mg (7.44%), Vitamin A: 344.02IU (6.88%), Selenium: 4.14µg (5.92%), Vitamin B2: 0.09mg (5%), Fiber: 1.21g (4.82%), Potassium: 147.17mg (4.2%), Vitamin B5: 0.38mg (3.75%), Phosphorus: 37.01mg (3.7%), Folate: 12.73µg (3.18%), Copper: 0.06mg (3.02%), Manganese: 0.06mg (3%), Vitamin B1: 0.04mg (2.99%), Iron: 0.44mg (2.45%), Vitamin B3: 0.46mg (2.31%), Vitamin B6: 0.04mg (2.18%), Magnesium: 7.59mg (1.9%), Vitamin B12: 0.1µg (1.63%), Zinc: 0.24mg (1.61%), Vitamin D: 0.22µg (1.47%), Calcium: 12.05mg (1.2%)