



Plum Tart with Almond Pastry Crust



Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

198 kcal

DESSERT

Ingredients

- ☐ 0.3 cup blanched almonds and unsalted
- ☐ 2 tablespoons butter chilled cubed
- ☐ 2 tablespoons canola oil
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 egg white
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon juice of lemon

- ☐ 6 but plums firm ripe
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon strawberry preserves seedless
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons water
- ☐ 1 cup pastry flour whole wheat

Equipment

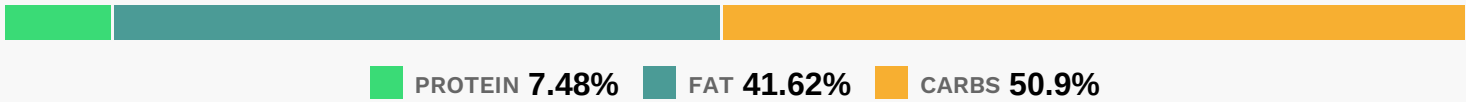
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ microwave
- ☐ slotted spoon
- ☐ tart form

Directions

- ☐ Watch how to make this recipe.
- ☐ For the filling: Fill a large stockpot halfway with water and bring to a boil. While water is boiling, take a paring knife and cut a 1/2-inch X on the bottom of each plum. Set aside. Fill a large bowl with ice and water and set aside. When water is boiling, gently drop plums into water for 30 to 45 seconds.
- ☐ Remove with a slotted spoon and immediately submerge in ice water for 2 to 3 minutes.
- ☐ Remove and dry plums gently with a paper towel. Over a medium-sized bowl, remove skins from plums – they should slip off fairly easily. Slice plums in half and remove pits. Toss with sugar, cinnamon, and lemon juice and set aside.

- ☐ For the crust: Preheat oven to 375 degree F.
- ☐ Grind the almonds in a food processor until they are a fine crumb.
- ☐ Add the pastry flour, salt, cinnamon, nutmeg and sugar to the almond in the processor and pulse 5 times to incorporate.
- ☐ Add butter and oil and pulse for about 20 seconds, until mixture forms small clumps.
- ☐ Add the egg white and pulse an additional 20 to 30 times, until mixture forms a ball, being sure not to over-process. Dough will hold together, but be slightly sticky. Evenly press dough into the bottom and sides a 9-inch tart pan with a detachable bottom.
- ☐ Bake for 8 to10 minutes, or until surface of tart is no longer shiny.
- ☐ Remove from oven and let cool.
- ☐ Place tart shell on a cookie sheet. Toss plum halves in their own juices in bowl. Arrange plums, cut-side down, in the tart shell, crowding as many plums as you can into tart.
- ☐ Bake for 15 to 20 minutes, or until fruit is slightly tender but still firm.
- ☐ Remove from the oven and let cool.
- ☐ Heat preserves over a low flame or in microwave until melted.
- ☐ Combine with water and brush surface of tart.

Nutrition Facts



Properties

Glycemic Index:45.48, Glycemic Load:7.92, Inflammation Score:-4, Nutrition Score:7.1608694752921%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

0.04mg

Nutrients (% of daily need)

Calories: 197.81kcal (9.89%), Fat: 9.63g (14.82%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 23.6g (8.58%), Sugar: 13.71g (15.23%), Cholesterol: 7.53mg (2.51%), Sodium: 103.64mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Manganese: 0.75mg (37.53%), Selenium: 10.32µg (14.74%), Vitamin E: 2.17mg (14.48%), Fiber: 2.9g (11.59%), Magnesium: 38.7mg (9.68%), Phosphorus: 88.55mg (8.86%), Copper: 0.15mg (7.4%), Vitamin B1: 0.1mg (6.67%), Vitamin C: 5.05mg (6.12%), Vitamin K: 6.22µg (5.93%), Vitamin B3: 1.14mg (5.7%), Vitamin B2: 0.1mg (5.63%), Vitamin A: 260.28IU (5.21%), Potassium: 176.36mg (5.04%), Iron: 0.82mg (4.58%), Vitamin B6: 0.08mg (4.13%), Zinc: 0.6mg (4.02%), Folate: 12.25µg (3.06%), Calcium: 23.13mg (2.31%), Vitamin B5: 0.19mg (1.86%)