



Plum Tart with Goat Cheese and Walnut-Thyme Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



531 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 1 pinch pepper black freshly ground
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 egg yolk
- ☐ 8 servings fleur del sel
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 8 ounces goat cheese fresh soft

- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pound plums pitted halved cut into 1/4-inch-thick wedges
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup ricotta cheese
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 3 ounces walnuts

Equipment

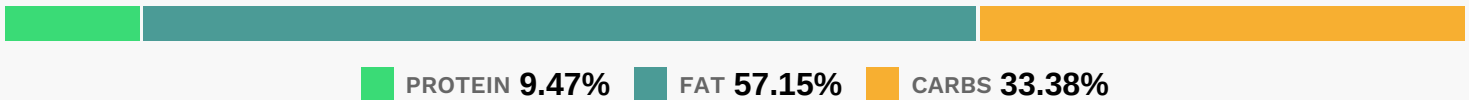
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend first 4 ingredients in processor until nuts are finely ground.
- ☐ Add butter; blend until coarse meal forms.
- ☐ Add egg yolk; blend until moist clumps form. Press dough onto bottom and up sides of 9-inch-diameter tart pan with removable bottom. Cover; chill 1 hour.
- ☐ Preheat oven to 350°F. Blend flour, walnuts, both sugars, coarse salt, cinnamon, nutmeg, and cardamom in processor until nuts are finely ground.
- ☐ Add thyme and blend 5 seconds.

- ☐ Transfer mixture to medium bowl.
- ☐ Add butter. Using fingertips, rub in until small moist clumps form.
- ☐ Spread streusel mixture on rimmed baking sheet.
- ☐ Bake 8 minutes. Stir, then continue baking until golden brown, about 7 minutes longer. Cool streusel completely (mixture will become crisp).
- ☐ Combine both cheeses, 1 tablespoon honey, 1 tablespoon oil, sugar, nutmeg, coarse salt, and pepper in large bowl; stir to blend well. Refrigerate while baking crust.
- ☐ Preheat oven to 350°F. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake crust until sides are set, about 15 minutes.
- ☐ Remove foil and beans. Continue to bake crust until golden brown, pressing with back of fork if crust bubbles, about 15 minutes longer. Cool crust completely.
- ☐ Spread cheese filling in crust. Arrange plums in concentric circles atop filling, leaving 3/4-inch plain border.
- ☐ Sprinkle streusel lightly over tart. Refrigerate tart at least 1 hour and up to 4 hours.
- ☐ Remove pan sides; place tart on platter.
- ☐ Drizzle with 2 tablespoons honey and 2 tablespoons oil; sprinkle with fleur de sel.
- ☐ Cut tart into wedges.
- ☐ *Fleur de sel, a sea salt from Brittany, can be found at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:15.68, Inflammation Score:-7, Nutrition Score:11.540434878805%

Flavonoids

Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 531.33kcal (26.57%), Fat: 34.63g (53.28%), Saturated Fat: 15.63g (97.71%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 43.48g (15.81%), Sugar: 30.51g (33.9%), Cholesterol: 83.65mg (27.88%), Sodium: 366.86mg (15.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Manganese: 0.58mg (29.01%), Copper: 0.45mg (22.62%), Vitamin A: 1027.72IU (20.55%), Phosphorus: 197.72mg (19.77%), Selenium: 12.74µg (18.2%), Vitamin B2: 0.3mg (17.58%), Calcium: 136.75mg (13.67%), Vitamin B1: 0.2mg (13.59%), Folate: 53.09µg (13.27%), Iron: 2.05mg (11.37%), Vitamin E: 1.46mg (9.74%), Vitamin B6: 0.18mg (8.99%), Vitamin K: 9.02µg (8.59%), Magnesium: 34.25mg (8.56%), Fiber: 2.05g (8.18%), Zinc: 1.21mg (8.09%), Vitamin B3: 1.47mg (7.33%), Vitamin C: 5.98mg (7.25%), Potassium: 217.84mg (6.22%), Vitamin B5: 0.57mg (5.66%), Vitamin B12: 0.23µg (3.79%), Vitamin D: 0.51µg (3.4%)