



Plum Tart with Marzipan Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 0.3 cup almonds sliced
- ☐ 2 tablespoons cornstarch
- ☐ 1 large egg yolk
- ☐ 0.5 cup brown sugar packed ()
- ☐ 2.3 pounds plums pitted halved thinly sliced (12)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 2 tablespoons whipping cream chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ tart form

Directions

- ☐ Blend first four ingredients in processor until nuts are finely ground.
- ☐ Add butter; process until mixture resembles coarse meal.
- ☐ Add cream and yolk. Blend, using on/off turns, until dough comes together. Press over bottom and up sides of 11-inch-diameter tart pan with removable bottom. Pierce all over with fork. Chill at least 2 hours and up to 1 day.
- ☐ Preheat oven to 400°F.
- ☐ Bake crust until golden, pressing with back of fork every 5 minutes if crust bubbles, about 25 minutes.
- ☐ Transfer crust to rack; cool. Reduce oven temperature to 375°F.
- ☐ Blend flour, almond paste and sugar in processor until almond paste is finely ground.
- ☐ Add butter and blend, using on/off turns, until coarse crumbs form.
- ☐ Transfer crumble to bowl; mix in almonds.
- ☐ Combine all ingredients in medium bowl; toss to blend well.
- ☐ Sprinkle 3/4 cup crumble over cooled crust. Top with plums.
- ☐ Sprinkle with remaining crumble.
- ☐ Bake tart until filling bubbles thickly and top is golden, about 40 minutes. Cool 10 minutes. Push up pan bottom to release tart. Cool. (Can be made 8 hours ahead.)
- ☐ Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:16.15, Glycemic Load:13.44, Inflammation Score:-4, Nutrition Score:4.5769565468249%

Flavonoids

Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 213.91kcal (10.7%), Fat: 8.25g (12.7%), Saturated Fat: 4.41g (27.53%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 33.05g (12.02%), Sugar: 25.83g (28.71%), Cholesterol: 33.17mg (11.06%), Sodium: 69.67mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 525.54IU (10.51%), Vitamin C: 8.09mg (9.81%), Manganese: 0.15mg (7.47%), Fiber: 1.65g (6.61%), Vitamin E: 0.94mg (6.26%), Vitamin B1: 0.09mg (6.16%), Vitamin B2: 0.1mg (5.81%), Vitamin K: 6.05µg (5.76%), Selenium: 3.86µg (5.52%), Folate: 21.86µg (5.47%), Potassium: 173.95mg (4.97%), Vitamin B3: 0.9mg (4.5%), Copper: 0.09mg (4.38%), Phosphorus: 40.46mg (4.05%), Iron: 0.7mg (3.87%), Magnesium: 14.1mg (3.52%), Calcium: 24.35mg (2.43%), Vitamin B5: 0.23mg (2.27%), Vitamin B6: 0.04mg (2.03%), Zinc: 0.25mg (1.66%), Vitamin D: 0.22µg (1.48%)