



Prune-and-Hazelnut Tart

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



179 kcal

DESSERT

Ingredients

- 1.3 cups crème fraîche
- 2 large eggs
- 0.5 cup hazelnuts
- 1 tablespoon orange zest grated
- 1 pound prune- cut to pieces pitted
- 15 servings puff pastry shells
- 0.3 cup sugar
- 15 servings garnish: whipped cream sweetened toasted chopped

Equipment

- food processor
- frying pan
- sauce pan
- oven
- wire rack
- aluminum foil
- kitchen towels

Directions

- Bake 1/2 cup hazelnuts in a shallow pan at 350, stirring occasionally, 15 minutes or until toasted. (The skins will be very dark.) Wrap nuts in a clean kitchen towel; let stand 20 minutes. Rub nuts briskly to loosen skins; discard skins. Chop nuts; set aside.
- Bring prunes and water to cover to a boil in a medium-size nonaluminum saucepan over high heat; reduce heat, and simmer 30 minutes. Cool; drain.
- Process sugar and next 3 ingredients in a food processor until blended, stopping to scrape down sides.
- Spread prunes in Pastry Tart Shell; sprinkle with hazelnuts.
- Pour crme frache mixture over nuts.
- Place tart in a larger shallow pan.
- Bake at 375 for 55 minutes or until set, shielding with aluminum foil after 40 minutes to prevent excessive browning. Cool on a wire rack.
- Garnish with sweetened whipped cream and chopped toasted hazelnuts.

Nutrition Facts



PROTEIN 5.94% **FAT 40.61%** **CARBS 53.45%**

Properties

Glycemic Index:15.01, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:5.9213042829348%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 179.33kcal (8.97%), Fat: 8.62g (13.27%), Saturated Fat: 3.28g (20.47%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 22.95g (8.35%), Sugar: 16.19g (17.99%), Cholesterol: 40.67mg (13.56%), Sodium: 19.03mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 19.14µg (18.23%), Manganese: 0.35mg (17.32%), Fiber: 2.59g (10.37%), Vitamin A: 435.17IU (8.7%), Potassium: 292.06mg (8.34%), Copper: 0.16mg (8.22%), Vitamin B2: 0.13mg (7.72%), Phosphorus: 66.26mg (6.63%), Vitamin E: 0.92mg (6.12%), Magnesium: 22.54mg (5.64%), Vitamin B6: 0.11mg (5.35%), Calcium: 47.49mg (4.75%), Selenium: 3.29µg (4.7%), Vitamin B1: 0.05mg (3.62%), Vitamin B3: 0.71mg (3.56%), Iron: 0.63mg (3.52%), Vitamin B5: 0.35mg (3.51%), Folate: 11.09µg (2.77%), Zinc: 0.41mg (2.73%), Vitamin B12: 0.12µg (1.95%), Vitamin C: 1.15mg (1.39%), Vitamin D: 0.16µg (1.05%)