



Prune, Cherry, and Apricot Frangipane Tart

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 7 ounces almond paste (not marzipan; 1 cup)
- ☐ 0.3 cup california apricots dried (Pacific)
- ☐ 0.3 cup cherries dried
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.7 cup grappa (preferably Julia brand)
- ☐ 0.5 cup prune- cut to pieces pitted halved

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 stick butter unsalted softened

Equipment

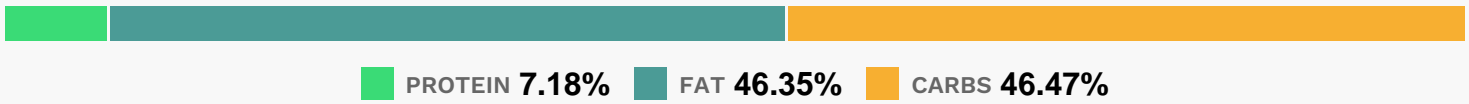
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Heat grappa with sugar in a medium saucepan over low heat, stirring, until sugar has dissolved.
- ☐ Add fruit and gently simmer 1 minute.
- ☐ Remove from heat and let macerate, stirring occasionally, 24 hours.
- ☐ Set flan ring on a parchment-paper-lined baking sheet. (If using a tart pan, parchment is not necessary.)
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round, then fit into flan ring and trim excess dough. Chill until firm, at least 30 minutes.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Lightly prick bottom of shell all over with a fork, then line with foil and fill with pie weights.
- ☐ Bake until side is set and edge is pale golden, 18 to 20 minutes.

- ☐ Remove foil and weights and bake until bottom is golden, about 10 minutes more. Cool completely in pan, about 30 minutes. Leave oven on.
- ☐ Beat almond paste, butter, sugar, extract, and salt in a bowl with an electric mixer at medium speed 3 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition, then beat in flour.
- ☐ Spread frangipane filling in cooled shell.
- ☐ Drain fruit in a sieve set over a bowl, reserving syrup, and scatter fruit over filling, pressing in slightly.
- ☐ Bake until puffed and golden, 30 to 40 minutes.
- ☐ Transfer tart on parchment to a rack.
- ☐ Brush reserved syrup over tart and cool to warm or room temperature.
- ☐ •Dried fruit can be macerated up to 3 days.•Tart shell can be baked 1 day ahead and kept (once cool), wrapped in plastic wrap, at room temperature.•Tart is best eaten the day it is baked but can be made 1 day ahead and kept (once cool), covered with foil, at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:6.73, Inflammation Score:-6, Nutrition Score:7.1713043243989%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 314.98kcal (15.75%), Fat: 13.9g (21.38%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 28.7g (10.44%), Sugar: 22.3g (24.78%), Cholesterol: 61.68mg (20.56%), Sodium: 167.3mg (7.27%), Alcohol: 7.98g (100%), Alcohol %: 10.73% (100%), Protein: 4.84g (9.68%), Vitamin E: 3.75mg (25%), Manganese: 0.27mg (13.67%), Vitamin A: 632.61IU (12.65%), Vitamin B2: 0.2mg (11.76%), Fiber: 2.64g (10.57%), Phosphorus: 102.47mg (10.25%), Magnesium: 39.62mg (9.91%), Selenium: 5.97µg (8.53%), Copper: 0.16mg (8.14%), Folate: 30.36µg (7.59%), Vitamin K: 7.22µg (6.88%), Calcium: 61.99mg (6.2%), Potassium: 196.39mg (5.61%), Iron:

0.96mg (5.33%), Zinc: 0.62mg (4.11%), Vitamin B3: 0.77mg (3.87%), Vitamin B1: 0.06mg (3.68%), Vitamin B5: 0.3mg (3.01%), Vitamin B6: 0.06mg (2.87%), Vitamin D: 0.36µg (2.37%), Vitamin B12: 0.12µg (2.05%)