



Quince Tart with Pine Nut Caramel Glaze

READY IN



141 min.

SERVINGS



12

CALORIES



193 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 3 tablespoons butter chilled cut into pieces
- 1 cup flour all-purpose
- 3 tablespoons honey
- 3 tablespoons water
- 4 teaspoons juice of lemon fresh divided
- 0.5 cup pinenuts toasted
- 10 ounce quinces
- 0.1 teaspoon salt

- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon sugar
- 3 tablespoons shortening chilled cut into pieces

Equipment

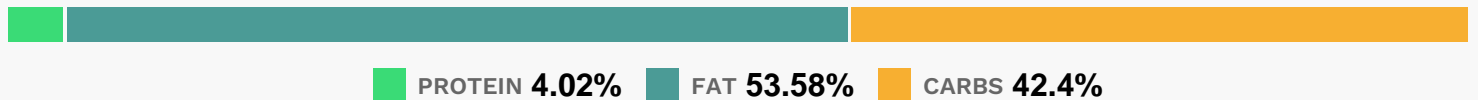
- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- plastic wrap
- aluminum foil
- measuring cup
- tart form

Directions

- To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 1 teaspoon sugar, and 1/2 teaspoon salt in a medium bowl; cut in 3 tablespoons butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Sprinkle surface with ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball). Press mixture gently into a 5-inch circle on plastic wrap; cover. Chill 1 hour.
- Preheat oven to 37
- Unwrap dough.
- Roll into an 11-inch circle on a lightly floured surface. Fit dough into a 9-inch tart pan with a removable bottom. Press dough against bottom and sides of pan. Chill in freezer 10 minutes.

- Line bottom of dough with a piece of foil; arrange pie weights or dried beans on foil.
- Bake at 375 for 15 minutes or until edge is lightly browned. Carefully remove pie weights and foil; bake an additional 7 minutes or until center is lightly browned. Cool 1 minute on a wire rack.
- To prepare filling, combine quince paste and 1 tablespoon juice in a food processor; process until smooth.
- Spread quince mixture evenly over warm tart shell.
- Bake at 375 for 15 minutes or until filling is bubbly. Reduce oven temperature to 35
- Combine remaining 1 teaspoon juice, 1/4 cup sugar, honey, and 1/8 teaspoon salt in a small saucepan over medium heat. Bring to a boil, stirring until sugar dissolves. Boil 2 minutes.
- Remove from heat; carefully add 2 tablespoons butter, stirring until butter melts. Stir in nuts.
- Pour nut mixture over quince paste. Carefully spread evenly.
- Bake at 350 for 10 minutes or until topping bubbles. Cool 1 hour on a wire rack.

Nutrition Facts



Properties

Glycemic Index:33.54, Glycemic Load:12.26, Inflammation Score:-2, Nutrition Score:4.7386955741955%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193kcal (9.65%), Fat: 11.92g (18.34%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 20.27g (7.37%), Sugar: 9.08g (10.09%), Cholesterol: 12.54mg (4.18%), Sodium: 160.48mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.57mg (28.55%), Vitamin B1: 0.11mg (7.22%), Copper: 0.12mg (6.16%), Vitamin E: 0.87mg (5.77%), Folate: 22.3µg (5.57%), Iron: 0.99mg (5.5%), Selenium: 3.84µg (5.49%), Vitamin C: 4.26mg (5.16%), Phosphorus: 49.35mg (4.94%), Vitamin K: 5.17µg (4.93%), Magnesium: 18.66mg (4.67%), Vitamin B3: 0.92mg (4.6%), Vitamin B2: 0.08mg (4.49%), Fiber: 0.95g (3.81%), Vitamin A: 156.96IU (3.14%), Zinc: 0.46mg (3.09%), Potassium: 97.23mg (2.78%), Vitamin B5: 0.12mg (1.16%), Vitamin B6: 0.02mg

(1.08%)