



Raspberry-Almond Pear Tart

READY IN



25 min.

SERVINGS



8

CALORIES



528 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 6 tablespoons butter divided softened
- ☐ 1 large eggs
- ☐ 0.5 cup ground almonds toasted
- ☐ 4 large pears peeled quartered
- ☐ 0.3 cup raspberry jam seedless
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.3 cup sugar
- ☐ 0.5 cup vanilla wafer crumbs

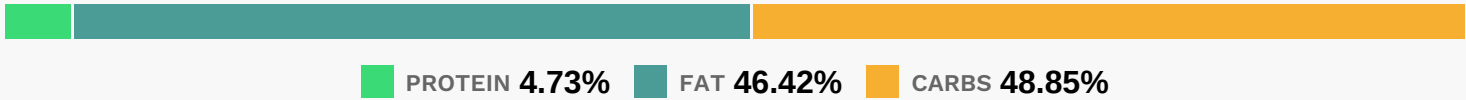
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Unroll piecrust, and fit into a 9-inch tart pan; trim excess.
- ☐ Bake at 400 for 5 minutes; remove from oven, and cool completely on a wire rack.
- ☐ Spread raspberry jam evenly on bottom of prepared piecrust.
- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat; add pears, and cook, stirring often, 5 minutes.
- ☐ Remove from heat, and arrange pear slices over raspberry jam.
- ☐ Beat remaining 4 tablespoons butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add egg, beating until blended. Stir in vanilla wafer crumbs, almonds, and almond extract; spread evenly over pears.
- ☐ Bake at 400 for 20 to 25 minutes or until browned; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:36.11, Glycemic Load:18.56, Inflammation Score:-4, Nutrition Score:7.5926086202912%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg

4.32mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 527.81kcal (26.39%), Fat: 27.82g (42.8%), Saturated Fat: 10.59g (66.21%), Carbohydrates: 65.89g (21.96%), Net Carbohydrates: 60g (21.82%), Sugar: 26.78g (29.76%), Cholesterol: 45.89mg (15.3%), Sodium: 327.19mg (14.23%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 6.38g (12.75%), Fiber: 5.89g (23.55%), Manganese: 0.3mg (14.91%), Folate: 56.12µg (14.03%), Vitamin B1: 0.19mg (12.94%), Iron: 2.04mg (11.32%), Vitamin B2: 0.18mg (10.6%), Vitamin K: 9.69µg (9.23%), Vitamin B3: 1.81mg (9.07%), Selenium: 5.49µg (7.84%), Copper: 0.15mg (7.67%), Vitamin C: 6.19mg (7.51%), Phosphorus: 72.55mg (7.26%), Vitamin A: 325.43IU (6.51%), Potassium: 213.1mg (6.09%), Vitamin E: 0.71mg (4.72%), Calcium: 44.08mg (4.41%), Magnesium: 17.57mg (4.39%), Vitamin B5: 0.38mg (3.82%), Vitamin B6: 0.07mg (3.69%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.07µg (1.22%)