



Raspberry Almond Tart

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



317 kcal

DESSERT

Ingredients

- 0.3 cup almonds crumbled toasted sliced
- 2 tablespoons amaretto
- 1 eggs beaten to blend
- 0.3 cup powdered sugar
- 1 sheet puff pastry frozen thawed (from a)
- 12 ounce baskets raspberries fresh
- 0.8 cup whipping cream

Equipment

- oven
- blender
- hand mixer
- spatula

Directions

- Preheat the oven to 400 degrees F.
- Cut a 3/4-inch wide strip off each side of the pastry and reserve.
- Roll out the pastry sheet on a lightly floured work surface to a 10-inch square.
- Brush the edges of the square with the egg. Working with 1 strip at a time, stand the strips along the edges of the pastry square and crimp where they meet. You want to create a shallow box, where the pastry square is the base and the 4 strips are the walls. Overlap the strips at the corners, stretching them if necessary to complete the walls of the box.
- Brush the border with the egg. Pierce the center of the pastry all over with fork.
- Bake until the pastry is golden brown, about 20 minutes.
- Transfer to a rack and cool completely.
- Using an electric mixer, beat the cream until soft peaks. With the mixer still running, gradually add the sugar and continue to beat until stiff peaks.
- Add the liqueur and beat until just well blended; be careful not to overmix or the whipped cream will turn into a buttery consistency and start to separate. Using a large spatula, fold in the nuts. Spoon the cream mixture into the prepared pastry crust. Arrange the berries over the cream. Sift the cocoa powder over and serve.
- NOTE: You can use any fruit that's in season (orange segments, berries, plums, bananas, grapes). Blueberries make a good substitute for the raspberries, and sliced peaches or nectarines are delicious as well.

Nutrition Facts



PROTEIN 5.91% FAT 62.39% CARBS 31.7%

Properties

Glycemic Index:11.5, Glycemic Load:8.1, Inflammation Score:-5, Nutrition Score:7.8452173782432%

Flavonoids

Cyanidin: 19.53mg, Cyanidin: 19.53mg, Cyanidin: 19.53mg, Cyanidin: 19.53mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 317.37kcal (15.87%), Fat: 21.97g (33.8%), Saturated Fat: 8.38g (52.37%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 21.53g (7.83%), Sugar: 7.78g (8.64%), Cholesterol: 45.67mg (15.22%), Sodium: 90.92mg (3.95%), Alcohol: 0.98g (100%), Alcohol %: 1.11% (100%), Protein: 4.69g (9.37%), Manganese: 0.5mg (25.13%), Fiber: 3.58g (14.33%), Selenium: 10.01µg (14.29%), Vitamin C: 11.28mg (13.67%), Vitamin B2: 0.2mg (11.99%), Vitamin E: 1.53mg (10.23%), Vitamin B1: 0.15mg (9.88%), Folate: 37.56µg (9.39%), Vitamin K: 8.98µg (8.55%), Vitamin B3: 1.66mg (8.29%), Vitamin A: 372.06IU (7.44%), Iron: 1.31mg (7.26%), Phosphorus: 68.59mg (6.86%), Magnesium: 24.35mg (6.09%), Copper: 0.11mg (5.55%), Calcium: 39.31mg (3.93%), Potassium: 133.95mg (3.83%), Zinc: 0.56mg (3.71%), Vitamin D: 0.47µg (3.11%), Vitamin B5: 0.29mg (2.95%), Vitamin B6: 0.05mg (2.55%), Vitamin B12: 0.08µg (1.41%)