



Raspberry Almond Tart

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



381 kcal

DESSERT

Ingredients

- 1.3 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 1 cup sugar divided
- 1 cup butter cold divided
- 3 large eggs
- 0.5 cup raspberry jam divided
- 1 cup almond flour
- 0.5 teaspoon almond extract

- 0.5 cup powdered sugar
- 2 teaspoons juice of lemon

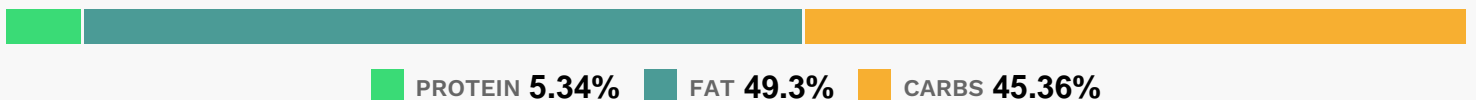
Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- plastic wrap
- tart form

Directions

- In a small bowl, combine the flour, baking powder and 1/3 cup sugar; cut in 1/2 cup butter until crumbly. Beat 1 egg; add to flour mixture, tossing with a fork until dry ingredients are moistened. Press dough evenly onto bottom and up the sides of a 9-in. tart pan with removable bottom.
- Spread 1/4 cup of jam over dough. Cover with a plastic wrap and refrigerate.
- Meanwhile, cream remaining butter and sugar until light and fluffy; stir in almonds and extract.
- Add remaining eggs, one at a time, beating well after each addition; spoon filling over jam.
- Place tart pan on a baking sheet.
- Bake at 350° for 50-55 minutes or until set. Cool in pan on a wire rack. Carefully remove sides from pan.
- Spread remaining jam on top.
- Combine confectioners' sugar and lemon juice; drizzle over the top.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:24.68, Inflammation Score:-4, Nutrition Score:4.5826086894326%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 380.64kcal (19.03%), Fat: 21.35g (32.85%), Saturated Fat: 10.46g (65.4%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 42.68g (15.52%), Sugar: 28.86g (32.06%), Cholesterol: 87.17mg (29.06%), Sodium: 179.82mg (7.82%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 5.2g (10.41%), Selenium: 9.15µg (13.07%), Vitamin A: 540.28IU (10.81%), Vitamin B2: 0.15mg (8.67%), Folate: 33.58µg (8.4%), Vitamin B1: 0.12mg (7.83%), Iron: 1.34mg (7.43%), Fiber: 1.52g (6.09%), Calcium: 55.93mg (5.59%), Phosphorus: 54.36mg (5.44%), Manganese: 0.11mg (5.26%), Vitamin B3: 0.84mg (4.22%), Vitamin E: 0.6mg (3.98%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.14µg (2.39%), Copper: 0.05mg (2.25%), Zinc: 0.29mg (1.91%), Vitamin C: 1.57mg (1.9%), Vitamin D: 0.25µg (1.67%), Vitamin B6: 0.03mg (1.56%), Magnesium: 5.66mg (1.42%), Potassium: 49.16mg (1.4%), Vitamin K: 1.4µg (1.34%)