



Raspberry Jam Tart with Almond Crumble

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



678 kcal

DESSERT

Ingredients

- ☐ 2 cups almonds sliced
- ☐ 2 tablespoons eggs beaten
- ☐ 2.8 cups flour all-purpose
- ☐ 1 cup raspberry jam
- ☐ 0.7 cup sugar
- ☐ 1.3 sticks butter unsalted cold cut into pieces ()
- ☐ 1 frangelico
- ☐ 1 frangelico

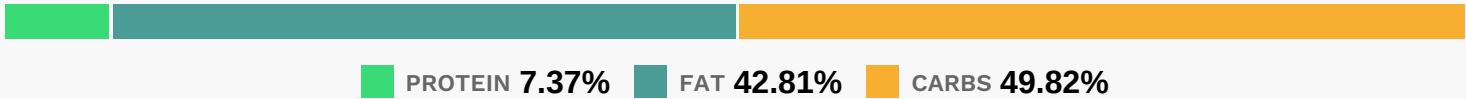
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ tart form

Directions

- ☐ Preheat oven to 400°F.
- ☐ Reserve 1/4 cup almonds in a bowl for topping. Finely grind remaining 1 3/4 cups nuts with sugar in a food processor.
- ☐ Add butter, flour, and salt, then process until mixture resembles sand.
- ☐ Add 1 cup flour mixture to reserved almonds.
- ☐ Add beaten egg to remaining flour mixture and pulse until mixture begins to clump together.
- ☐ Transfer mixture from processor to a 9- by 1-inch round tart pan with a removable bottom. Press mixture with floured fingers onto bottom and up side of pan and bake in middle of oven 15 minutes.
- ☐ Meanwhile, stir raspberry jam to loosen. Rub reserved almond mixture in bowl between your palms to form small clumps.
- ☐ Remove tart shell from oven and spread jam over bottom.
- ☐ Sprinkle almond mixture over jam and bake tart 15 minutes. Cool tart in pan on a rack. Loosen side of pan with a knife, then remove it.
- ☐ ·You can make tart 1 day ahead, then cool it before chilling, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:51.53, Inflammation Score:-7, Nutrition Score:19.028260935908%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 677.6kcal (33.88%), Fat: 33.02g (50.79%), Saturated Fat: 10.61g (66.34%), Carbohydrates: 86.43g (28.81%), Net Carbohydrates: 80.33g (29.21%), Sugar: 38.94g (43.27%), Cholesterol: 51.71mg (17.24%), Sodium: 22.17mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.58%), Vitamin E: 9.68mg (64.51%), Manganese: 1.13mg (56.47%), Vitamin B2: 0.68mg (39.89%), Vitamin B1: 0.42mg (27.98%), Magnesium: 108.47mg (27.12%), Selenium: 18.29µg (26.13%), Folate: 101.31µg (25.33%), Fiber: 6.1g (24.39%), Copper: 0.48mg (23.96%), Phosphorus: 238mg (23.8%), Iron: 3.6mg (20.03%), Vitamin B3: 3.86mg (19.28%), Calcium: 117.59mg (11.76%), Zinc: 1.51mg (10.05%), Potassium: 350.42mg (10.01%), Vitamin A: 461.55IU (9.23%), Vitamin C: 3.74mg (4.53%), Vitamin B5: 0.44mg (4.4%), Vitamin B6: 0.08mg (4.16%), Vitamin D: 0.34µg (2.26%), Vitamin K: 1.38µg (1.31%), Vitamin B12: 0.06µg (1.05%)