



Raspberry-Marzipan Tarts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

DESSERT

Ingredients

- 2 tablespoon milk
- 0.3 cup almond flour (or almond meal)
- 1 tablespoon apricot preserves
- 1 tablespoon butter softened
- 1 large eggs
- 1 large egg yolk
- 2 ounces raspberries fresh (28 berries)
- 4 tablespoon rice dried uncooked

- 0.1 teaspoon salt
- 2 teaspoon sugar

Equipment

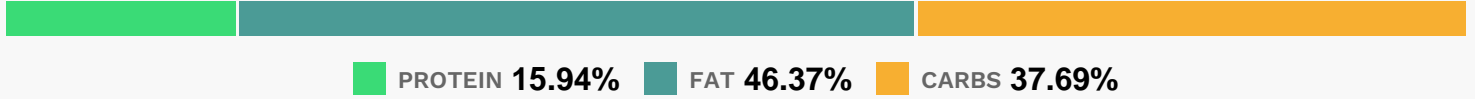
- bowl
- frying pan
- baking sheet
- oven
- sieve
- plastic wrap
- aluminum foil
- tart form

Directions

- Combine butter, sugar and salt in a bowl. Beat in egg, then flour, 1/4 cup at a time, until you get a shaggy dough (it holds together loosely, but it's not smooth or elastic). Dust a surface with flour, transfer dough to surface and, with lightly floured fingers, knead once or twice until a sticky dough forms. Wrap in plastic wrap; refrigerate at least 40 minutes.
- Heat oven to 350°F. Divide dough in half; reserve half for Chocolate-Banana Tarts or freeze, well-wrapped, for another use. Divide remainder into 4 pieces. With lightly floured fingertips, press 1 piece into each tart pan, working dough up the sides evenly. (If dough tears on bottom, smooth dough over hole to close it up.) Prick pastry along bottom with a fork several times. Gently press a small square of foil into each pastry shell (do not press down hard). Top each with 1 tablespoon uncooked rice or dried beans (to prevent pastry from puffing up).
- Place on a baking sheet and bake 10 minutes.
- Remove foil and rice from each crust; discard. Return crust to oven; cook until golden, about 5 minutes more. Keep oven on.
- Combine butter and sugar. Beat in yolk, followed by flour, until combined. Beat in milk until incorporated. Divide filling among tart shells and bake until puffed, about 15 minutes.
- Heat preserves with 1 tablespoon water in a small sauté pan over low heat until melted, about 3 minutes. Press through a sieve into a bowl.
- Let cool. Arrange about 7 raspberries on top of each tart.

- Brush glaze onto raspberries and drizzle remaining glaze over raspberries until covered.
- Serve immediately.
- Self

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:6.3852173971093%

Flavonoids

Cyanidin: 6.71mg, Cyanidin: 6.71mg, Cyanidin: 6.71mg, Cyanidin: 6.71mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 168.24kcal (8.41%), Fat: 9g (13.85%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 12.93g (4.7%), Sugar: 5.75g (6.38%), Cholesterol: 100.53mg (33.51%), Sodium: 122.12mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Folate: 63.65µg (15.91%), Fiber: 3.53g (14.13%), Manganese: 0.24mg (11.98%), Phosphorus: 102.86mg (10.29%), Selenium: 6.97µg (9.96%), Iron: 1.54mg (8.56%), Vitamin B2: 0.13mg (7.51%), Potassium: 224.33mg (6.41%), Vitamin B1: 0.09mg (6.29%), Copper: 0.12mg (5.8%), Vitamin C: 4.72mg (5.72%), Magnesium: 22.76mg (5.69%), Calcium: 51.76mg (5.18%), Vitamin B5: 0.49mg (4.92%), Vitamin B6: 0.1mg (4.82%), Vitamin A: 238.83IU (4.78%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.24µg (4%), Vitamin D: 0.48µg (3.2%), Vitamin E: 0.48mg (3.2%), Vitamin K: 2.12µg (2.02%), Vitamin B3: 0.36mg (1.81%)