



Raspberry tart with almond pastry

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 200 g flour plain
- ☐ 175 g almond flour
- ☐ 175 g brown sugar
- ☐ 200 g butter diced cold
- ☐ 1 egg yolk
- ☐ 200 ml crème fraîche
- ☐ 85 g brown sugar
- ☐ 0.5 tsp vanilla essence

- ☐ 0.5 juice of lemon
- ☐ 700 g raspberries
- ☐ 5 tbsp raspberry jam

Equipment

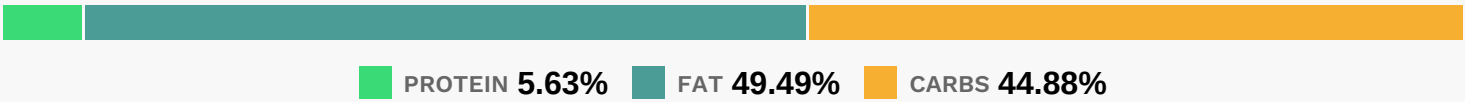
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ microwave

Directions

- ☐ Make the pastry by tipping all the ingredients, except the yolk, into a food processor and pulsing to the texture of breadcrumbs.
- ☐ Add the yolk, then pulse until it all comes together to form a soft pastry. The pastry will be too soft to roll out, so press it evenly into a loose-based 25cm tart tin until the pastry comes up above the edges of the tin. Rest in the freezer for at least 20 mins.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Line the tart case with baking parchment and baking beans, then place on a baking sheet and bake for 20 mins until the edges are starting to brown.
- ☐ Remove the beans and paper, then continue to cook for 10 mins until biscuity. Leave to cool, trim the edges with a knife, then carefully remove from the tart tin.
- ☐ To make the filling, whisk the crme frache with the sugar, vanilla, lemon juice and zest until thick.
- ☐ Spread over the bottom of the tart case, then meticulously place the raspberries on top in concentric circles. Meanwhile, heat up jam in the microwave or in a pan with 2tbsp water until bubbling. Push the glaze through a sieve into a bowl, then paint it over the raspberries with a

pasty brush. Bring the whole tart to the table and serve in slices.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:15.76, Inflammation Score:-6, Nutrition Score:10.256521660349%

Flavonoids

Cyanidin: 32.04mg, Cyanidin: 32.04mg, Cyanidin: 32.04mg, Cyanidin: 32.04mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 523.3kcal (26.17%), Fat: 29.79g (45.84%), Saturated Fat: 13.07g (81.71%), Carbohydrates: 60.8g (20.27%), Net Carbohydrates: 53.75g (19.54%), Sugar: 34.58g (38.42%), Cholesterol: 73.91mg (24.64%), Sodium: 147.11mg (6.4%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 7.62g (15.24%), Manganese: 0.63mg (31.49%), Fiber: 7.06g (28.24%), Vitamin C: 19.98mg (24.21%), Folate: 57.35µg (14.34%), Vitamin A: 670.08IU (13.4%), Selenium: 9.36µg (13.37%), Iron: 2.37mg (13.19%), Vitamin B1: 0.19mg (12.63%), Calcium: 107.7mg (10.77%), Vitamin B2: 0.18mg (10.73%), Vitamin B3: 1.66mg (8.3%), Vitamin E: 1.22mg (8.13%), Phosphorus: 71.57mg (7.16%), Vitamin K: 7.22µg (6.88%), Magnesium: 25.09mg (6.27%), Copper: 0.12mg (5.96%), Potassium: 202.3mg (5.78%), Vitamin B5: 0.5mg (4.97%), Zinc: 0.57mg (3.82%), Vitamin B6: 0.08mg (3.78%), Vitamin B12: 0.11µg (1.83%)