



## Rhubarb-Almond Tart

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



366 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 1 cup blanched almonds and
- 0.4 lb butter
- 9 servings butter pastry (directions follow)
- 2 large eggs
- 1 pound rhubarb
- 1 cup sugar

### Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- slotted spoon
- tart form

## Directions

- Press butter pastry dough evenly over bottom and up sides of a 10-inch tart pan with removable rim.
- Bake in a 300 oven until pale gold, about 20 minutes (about 15 minutes in a convection oven). Use hot or cool.
- Rinse rhubarb, trim and discard dried ends, and cut stalks into 1-inch lengths. Put in a 10- to 12-inch frying pan and mix with 5 tablespoons sugar and 1/4 cup water.
- Let stand 10 minutes, then stir and set over medium-low heat. When water boils, turn rhubarb pieces over once and cook about 2 more minutes.
- Remove from heat.
- Meanwhile, in a food processor or blender, whirl nuts to a fine powder. To processor, add remaining sugar and the butter, eggs, and almond extract. Whirl until well blended. Or put the ground almonds in a bowl, add remaining sugar and the butter, eggs, and almond extract, and beat with a mixer until well blended.
- Pour almond mixture into pastry. With a fork or slotted spoon, lift rhubarb pieces from cooking liquid (save liquid for other uses) and arrange in a pattern on filling.
- Bake in a 350 oven until filling, which rises around rhubarb, is golden brown and center is firm when pan is gently shaken, 35 to 50 minutes (25 to 40 minutes in a convection oven).
- Let cool at least 15 minutes; remove pan rim to cut.
- Serve warm or cool.
- Butter pastry: In a food processor or bowl, combine 1 1/3 cups all-purpose flour and 1/4 cup sugar.

Add 1/2 cup (1/4 lb.) butter or margarine, in chunks. Whirl, or rub with your fingers, until fine crumbs form.

Add 1 large egg yolk; whirl, or mix with a fork, until dough holds together. Firmly pat into a ball.

## Nutrition Facts

**PROTEIN 5.31%** **FAT 65.93%** **CARBS 28.76%**

### Properties

Glycemic Index:14.79, Glycemic Load:15.69, Inflammation Score:-6, Nutrition Score:7.9708695929983%

### Flavonoids

Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg

### Nutrients (% of daily need)

Calories: 366.03kcal (18.3%), Fat: 27.79g (42.76%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 25g (9.09%), Sugar: 23.43g (26.04%), Cholesterol: 52.08mg (17.36%), Sodium: 231.04mg (10.05%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 5.04g (10.08%), Vitamin E: 4.25mg (28.35%), Vitamin A: 913.37IU (18.27%), Manganese: 0.36mg (17.89%), Vitamin K: 15.15µg (14.43%), Magnesium: 45.28mg (11.32%), Vitamin B2: 0.18mg (10.45%), Phosphorus: 101.42mg (10.14%), Fiber: 2.28g (9.13%), Calcium: 89.45mg (8.94%), Copper: 0.16mg (8.14%), Potassium: 261.76mg (7.48%), Selenium: 4.59µg (6.56%), Vitamin C: 4.07mg (4.93%), Iron: 0.77mg (4.3%), Zinc: 0.61mg (4.09%), Folate: 15.89µg (3.97%), Vitamin B3: 0.65mg (3.26%), Vitamin B1: 0.04mg (2.88%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.44%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.22µg (1.48%)