



Ricotta and Honey Tart

 Vegetarian

READY IN



580 min.

SERVINGS



8

CALORIES



399 kcal

DESSERT

Ingredients

- 0.3 cup almonds toasted sliced
- 2 large eggs
- 1.3 cups flour for dusting all-purpose plus more
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 cup honey
- 1 tablespoon lemon zest loosely packed finely grated (from 2 lemons)
- 1 pound ricotta cheese drained (see "Game plan" note above)

- 0.3 teaspoon salt fine
- 8 tablespoons butter unsalted melted (1 stick)

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- spatula
- measuring cup
- tart form

Directions

- Place the the melted butter, sugar, zest, and salt in a large bowl and stir until combined.
- Add the flour and stir just until a soft dough forms, about 1 minute. Evenly arrange small pieces of the dough over the bottom of a 9-inch round tart pan with a removable bottom. Using a measuring cup or your fingers, press the dough to form an even layer over the bottom and up the sides of the pan, flouring the cup or your fingers as needed. Cover the tart shell with plastic wrap and refrigerate for 30 minutes. Meanwhile, heat the oven to 350°F and arrange a rack in the middle. When the shell is chilled, prick it all over with a fork and place it on a baking sheet.
- Place the drained ricotta, eggs, honey, zest, and cinnamon in the bowl of a food processor fitted with a blade attachment. Process, stopping and scraping down the sides of the bowl often with a rubber spatula, until the mixture is smooth and combined, about 1 minute.
- Spread the filling in the warm tart shell and evenly sprinkle the almonds over top.
- Bake until the center of the tart is just set, about 25 to 30 minutes. Cool completely on a rack before serving.

Nutrition Facts



■ PROTEIN 10.77% ■ FAT 48.59% ■ CARBS 40.64%

Properties

Glycemic Index:29.92, Glycemic Load:24.75, Inflammation Score:-5, Nutrition Score:8.7447825151941%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 399.33kcal (19.97%), Fat: 22.03g (33.89%), Saturated Fat: 12.46g (77.89%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 40.26g (14.64%), Sugar: 24.09g (26.77%), Cholesterol: 105.52mg (35.17%), Sodium: 140.98mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Selenium: 19.19µg (27.42%), Vitamin B2: 0.32mg (18.97%), Phosphorus: 158.24mg (15.82%), Calcium: 144.6mg (14.46%), Vitamin A: 670.45IU (13.41%), Manganese: 0.27mg (13.37%), Folate: 51.06µg (12.76%), Vitamin B1: 0.17mg (11.65%), Vitamin E: 1.52mg (10.11%), Iron: 1.59mg (8.86%), Zinc: 1.14mg (7.6%), Vitamin B3: 1.4mg (6.98%), Magnesium: 23.28mg (5.82%), Vitamin B12: 0.33µg (5.46%), Copper: 0.1mg (5%), Fiber: 1.19g (4.78%), Vitamin B5: 0.45mg (4.49%), Potassium: 142.04mg (4.06%), Vitamin D: 0.57µg (3.82%), Vitamin B6: 0.07mg (3.32%), Vitamin K: 1.74µg (1.66%), Vitamin C: 1.08mg (1.31%)