



Rum & coconut treacle tart

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 200 g pastry crust bought
- ☐ 85 g treacle black
- ☐ 175 g golden syrup
- ☐ 1 juice of lime finely grated
- ☐ 4 tbsp rum dark
- ☐ 50 g brown breadcrumbs fresh
- ☐ 85 g tenderised coconut sweetened
- ☐ 3 tbsp rum dark

- ☐ 284 ml carton double cream
- ☐ 3 tbsp icing sugar

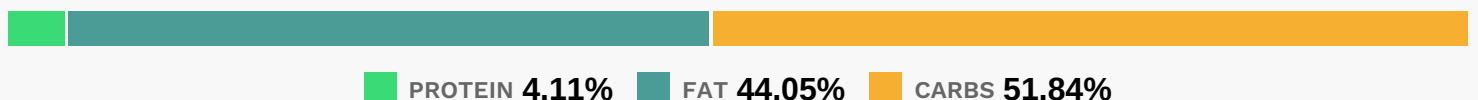
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat the oven to 190C/gas 5/fan 170C.
- ☐ Roll the pastry out to a 5 mm thickness (as thin as you can for a delicate crust). Use to line a 23cm shallow loosebottomed flan tin and leave the pastry hanging over the sides. Prick the base and chill or freeze for at least 30 minutes.
- ☐ In a large bowl, mix the treacle with the golden syrup, lime zest and juice, and rum. Stir in the breadcrumbs and coconut.
- ☐ Put the flan tin on a baking sheet.
- ☐ Spread the syrupy filling over the pastry base.
- ☐ Bake for 15 minutes, then turn the oven down to 160C/gas 3/fan 140C (to stop the mixture bubbling over) and bake for another 15 minutes, until the filling is just set and the pastry starting to brown at the edges.
- ☐ Meanwhile, whisk the rum, cream and icing sugar together until the mixture stands in soft peaks and the whisk leaves a trail.
- ☐ Transfer to a bowl, cover and chill until needed. Cool the tart slightly before trimming the pastry edges with a sharp knife.
- ☐ Serve warm with the rum cream.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:18.47, Inflammation Score:-5, Nutrition Score:6.9891304943873%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 400.15kcal (20.01%), Fat: 18.12g (27.88%), Saturated Fat: 11.77g (73.57%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 46.32g (16.84%), Sugar: 28.87g (32.08%), Cholesterol: 40.35mg (13.45%), Sodium: 133.03mg (5.78%), Alcohol: 4.38g (100%), Alcohol %: 4.28% (100%), Protein: 3.81g (7.62%), Manganese: 0.52mg (25.79%), Iron: 2.71mg (15.06%), Vitamin B1: 0.18mg (11.8%), Selenium: 7.99µg (11.42%), Vitamin A: 526.84IU (10.54%), Vitamin B2: 0.16mg (9.34%), Calcium: 83.55mg (8.35%), Magnesium: 32.7mg (8.17%), Potassium: 271.09mg (7.75%), Phosphorus: 71.57mg (7.16%), Folate: 27.82µg (6.95%), Vitamin B3: 1.37mg (6.87%), Fiber: 1.66g (6.64%), Copper: 0.1mg (4.83%), Vitamin D: 0.57µg (3.81%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.3mg (2.96%), Vitamin B6: 0.06mg (2.96%), Vitamin E: 0.38mg (2.55%), Vitamin C: 1.69mg (2.05%), Vitamin K: 1.81µg (1.73%)