

## Rustic Peach Tart

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

DESSERT

### Ingredients

- 0.3 cup flour all-purpose plus more for the work surface
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 8 peaches peeled sliced (, if desired)
- 1 piecrust refrigerated (such as Pillsbury)
- 0.8 cup sugar

### Equipment

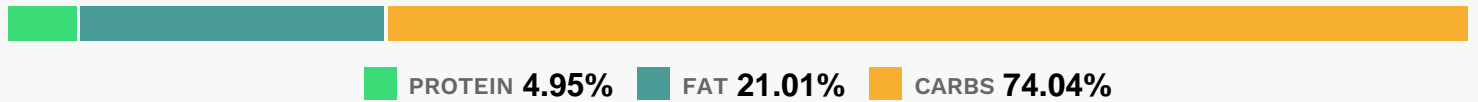
- bowl

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 425 F. In a large bowl, combine the flour, ginger, nutmeg, and 3/4 cup of the sugar.
- Add the peaches and toss. On a lightly floured surface, roll the dough into a 12-inch circle.
- Transfer to a baking sheet lined with aluminum foil. Arrange the peaches in the center of the dough. Fold the outer edge of the dough over the peaches, allowing it to fall into pleats, leaving the center of the tart uncovered. Lightly brush the dough with water and sprinkle with the remaining sugar.
- Bake until golden, 15 to 20 minutes. Reduce oven to 350 F and bake until the juices bubble and thicken, about 30 minutes more.
- Let cool for at least 20 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:31.92, Glycemic Load:21.17, Inflammation Score:-5, Nutrition Score:6.0943478553191%

## Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 252.01kcal (12.6%), Fat: 6.08g (9.36%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 45.3g (16.47%), Sugar: 31.33g (34.82%), Cholesterol: 0mg (0%), Sodium: 106.75mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Manganese: 0.27mg (13.26%), Fiber: 2.95g (11.81%), Vitamin B3: 2.1mg (10.52%), Vitamin A: 489.31IU (9.79%), Vitamin B1: 0.14mg (9.04%), Selenium: 6.31µg

(9.01%), Folate: 33.47µg (8.37%), Vitamin E: 1.2mg (7.97%), Vitamin C: 6.15mg (7.46%), Iron: 1.34mg (7.45%), Copper: 0.14mg (7.15%), Vitamin B2: 0.11mg (6.6%), Potassium: 211.43mg (6.04%), Vitamin K: 6.07µg (5.78%), Phosphorus: 54.27mg (5.43%), Magnesium: 16.72mg (4.18%), Vitamin B5: 0.34mg (3.39%), Zinc: 0.48mg (3.23%), Vitamin B6: 0.05mg (2.56%), Calcium: 11.26mg (1.13%)