



Rustic Pear Tart

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



356 kcal

DESSERT

Ingredients

- 0.3 cup almonds sliced
- 1.5 pounds bosc pears
- 0.5 lb butter
- 2.3 cups flour all-purpose
- 0.5 cup sugar

Equipment

- food processor
- bowl

- frying pan
- baking sheet
- oven
- blender
- microwave

Directions

- In a blender or food processor, finely grind 1 tablespoon almonds, 1 tablespoon flour, and 2 teaspoons sugar.
- Pour into a small bowl.
- In a food processor or another bowl, combine 2 cups flour and 1/4 cup sugar.
- Add 3/4 cup butter, cut into small pieces. Whirl or rub with your fingers until fine crumbs form.
- Add 1/4 cup water; whirl or stir with a fork just until the dough holds together. Pat the dough into a flat disk.
- On a lightly floured board, roll dough into a 15-inch-wide round, about 1/8 inch thick. Slide onto a 14- by 17-inch baking sheet; press any tears back together.
- Sprinkle almond mixture onto pastry, leaving about a 3-inch rim.
- Peel, core, and cut pears into 1/4-inch slices. Neatly overlap pear slices on pastry to cover almond mixture, leaving a 3-inch rim. Lift rim up and lay over pears, folding neatly to incorporate excess pastry.
- Sprinkle 2 teaspoons sugar and remaining slivered almonds over pears.
- Melt 1 tablespoon butter (in a small pan over direct heat or in a microwave-safe bowl in a microwave oven).
- Brush pastry rim with butter and sprinkle with 1 teaspoon sugar.
- Bake on center rack in a 400 oven until pastry is golden brown, about 40 minutes.
- Slide tart onto a platter.
- Cut into wedges and serve hot, warm, or cool.

Nutrition Facts



■ PROTEIN 4.23% ■ FAT 49.04% ■ CARBS 46.73%

Properties

Glycemic Index:19.18, Glycemic Load:25.55, Inflammation Score:-6, Nutrition Score:6.9786956051122%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 356.04kcal (17.8%), Fat: 19.81g (30.47%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 39.31g (14.29%), Sugar: 16.79g (18.66%), Cholesterol: 0mg (0%), Sodium: 215.23mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin A: 828.28IU (16.57%), Vitamin B1: 0.24mg (15.73%), Folate: 57.47µg (14.37%), Selenium: 9.76µg (13.94%), Manganese: 0.28mg (13.87%), Fiber: 3.16g (12.62%), Vitamin B2: 0.19mg (11.36%), Vitamin B3: 1.86mg (9.29%), Vitamin E: 1.39mg (9.27%), Iron: 1.52mg (8.43%), Copper: 0.12mg (6.03%), Phosphorus: 54.82mg (5.48%), Magnesium: 17.84mg (4.46%), Potassium: 135.6mg (3.87%), Vitamin C: 2.97mg (3.6%), Vitamin K: 3.08µg (2.93%), Calcium: 23.43mg (2.34%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.04mg (1.86%)