



Rustic Pear Tart with Late-Harvest Riesling

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour
- ☐ 3 large anjou pear cored ripe peeled thinly sliced
- ☐ 1 large egg yolk
- ☐ 1 cup mirin sweet
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 10 tablespoons butter unsalted chilled cut into pieces ()
- ☐ 8 servings whipped cream
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

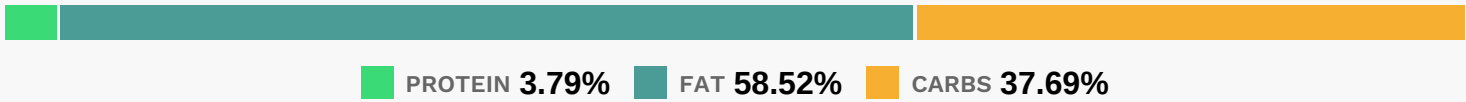
Directions

- ☐ Blend flour, sugar, and salt in processor until combined.
- ☐ Add butter; using on/off turns, cut in until mixture resembles coarse meal.
- ☐ Add egg yolk and wine; using on/off turns, mix just until moist clumps form. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 40 minutes and up to 2 days.
- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Roll out dough between 2 sheets of parchment paper to 12-inch round.
- ☐ Remove top sheet of parchment and transfer dough, with bottom parchment, to rimmed baking sheet.
- ☐ Place pear slices, 1 tablespoon sugar, and flour in large bowl; toss to combine. Spoon pear mixture into center of dough, leaving 1 1/2-inch border. Using parchment as aid, fold up outer edge of dough over edge of filling.
- ☐ Bake until pears are tender, about 20 minutes.
- ☐ Meanwhile, boil 1 cup wine, 1/2 cup water, and remaining 1/2 cup sugar in medium saucepan until syrup is reduced to 1/2 cup, about 10 minutes.
- ☐ Reduce oven temperature to 325°F.
- ☐ Drizzle half of syrup over filling. Continue baking tart until juices are bubbling thickly, about 20 minutes. Cool.
- ☐ Whisk 2 tablespoons wine into remaining syrup.
- ☐ Cut tart into wedges.
- ☐ Drizzle with syrup.

☐

Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:14.62, Inflammation Score:-5, Nutrition Score:5.5808695451073%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg, Epicatechin: 3.24mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 351.29kcal (17.56%), Fat: 22.15g (34.08%), Saturated Fat: 13.69g (85.59%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 28.94g (10.52%), Sugar: 23.92g (26.58%), Cholesterol: 89.61mg (29.87%), Sodium: 202.72mg (8.81%), Alcohol: 2.85g (100%), Alcohol %: 1.65% (100%), Protein: 3.22g (6.45%), Vitamin A: 767.39IU (15.35%), Fiber: 3.16g (12.64%), Vitamin B2: 0.2mg (11.94%), Calcium: 99.87mg (9.99%), Phosphorus: 93.15mg (9.32%), Potassium: 238.97mg (6.83%), Vitamin B12: 0.33µg (5.48%), Vitamin B5: 0.51mg (5.13%), Vitamin E: 0.76mg (5.09%), Vitamin K: 5.24µg (4.99%), Vitamin C: 4.1mg (4.98%), Copper: 0.09mg (4.71%), Selenium: 2.97µg (4.24%), Zinc: 0.61mg (4.1%), Magnesium: 16.09mg (4.02%), Folate: 14.68µg (3.67%), Vitamin D: 0.51µg (3.39%), Vitamin B1: 0.05mg (3.29%), Vitamin B6: 0.07mg (3.25%), Manganese: 0.06mg (2.77%), Iron: 0.32mg (1.79%), Vitamin B3: 0.28mg (1.39%)