



Rustic Pear Tarts with Crème Fraîche

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons crème fraîche
- ☐ 1 large eggs beaten to blend
- ☐ 1.5 teaspoons granulated sugar
- ☐ 0.3 cup orange marmalade
- ☐ 2 firm-ripe pears such as bosc or comice
- ☐ 1 sheet puff pastry frozen thawed (10 by 12 in.) (14-oz. package)
- ☐ 2 tbsp sugar

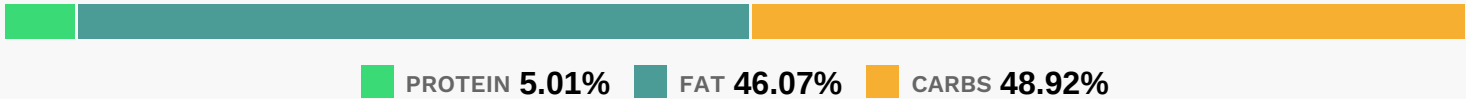
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Preheat oven to 37
- ☐ Lightly butter 2 large baking sheets. On a floured surface with a floured rolling pin, roll out pastry to 16 by 18 in.
- ☐ Cut pastry in thirds lengthwise and in half crosswise. With a wide spatula, transfer the 6 rectangles to baking sheets.
- ☐ Core pears and cut into thin wedges. Arrange, slightly overlapping, on pastry rectangles, leaving a 1 1/2-in. border bare (angle slices if necessary). Warm marmalade in a microwave oven to melt, then brush over pears. Fold border over edge of pears, stretching slightly and pressing down to hold.
- ☐ Brush new edges with egg, then sprinkle turbinado sugar over tarts, especially pastry edges.
- ☐ Bake until pastries are richly browned, 25 to 30 minutes. In a small bowl, whisk crme frache and granulated sugar until slightly thickened.
- ☐ Serve tarts warm or cool, with crme frache.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:13.31, Inflammation Score:-3, Nutrition Score:6.1882608662481%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin:

0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 358.03kcal (17.9%), Fat: 18.76g (28.87%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 42.25g (15.36%), Sugar: 22.16g (24.62%), Cholesterol: 38.08mg (12.69%), Sodium: 127.91mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Selenium: 13.06µg (18.65%), Manganese: 0.24mg (11.84%), Vitamin B1: 0.18mg (11.75%), Vitamin B2: 0.19mg (11.4%), Folate: 42.24µg (10.56%), Fiber: 2.58g (10.31%), Vitamin B3: 1.82mg (9.12%), Vitamin K: 9.39µg (8.94%), Iron: 1.35mg (7.49%), Copper: 0.12mg (5.99%), Phosphorus: 57.99mg (5.8%), Vitamin C: 3.51mg (4.26%), Potassium: 127.99mg (3.66%), Calcium: 33.46mg (3.35%), Magnesium: 13.32mg (3.33%), Vitamin A: 146.02IU (2.92%), Vitamin E: 0.44mg (2.9%), Zinc: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.41%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.17µg (1.11%)