



Rustic Plum-and-Almond Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons almonds sliced
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 large egg white lightly beaten
- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons milk 2% reduced-fat
- ☐ 0.3 cup part-skim ricotta cheese
- ☐ 8 plums pitted sliced

- ☐ 1 Dash salt
- ☐ 0.5 cup sugar divided
- ☐ 2 tablespoons butter unsalted chilled cut into small pieces
- ☐ 1.3 teaspoons vanilla extract

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Preheat oven to 35
- ☐ Coat a large baking sheet with cooking spray.
- ☐ Combine flour, 1/2 cup sugar, baking powder, and salt in a food processor.
- ☐ Add ricotta and next 4 ingredients (through vanilla); pulse until mixture begins to form a ball. Do not overprocess. Shape into a disk, wrap in plastic wrap, and refrigerate 2 hours or overnight.
- ☐ Place dough on lightly floured wax paper. Top with another sheet; roll out to a 10-inch circle.
- ☐ Remove wax paper, and transfer dough to prepared baking sheet. Fold edges to make a 1/2-inch rim.
- ☐ Bake for 10 minutes in center of oven.
- ☐ Remove from oven, and brush top with egg white. Starting at outer edge and working toward the center, arrange plum slices in smaller and smaller circles until crust is covered.
- ☐ Sprinkle 2 tablespoons sugar evenly over plums, and bake for 25 minutes. Top with almonds and remaining 1 tablespoon sugar, and bake for 10 minutes longer or until crust is golden brown and plums are softened.
- ☐ Remove tart from the oven, and cool for at least 5 minutes.
- ☐ Cut into wedges and serve.

Nutrition Facts

PROTEIN 9.38% FAT 25.39% CARBS 65.23%

Properties

Glycemic Index:28.58, Glycemic Load:18.55, Inflammation Score:-4, Nutrition Score:6.0156520786493%

Flavonoids

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Nutrients (% of daily need)

Calories: 182.07kcal (9.1%), Fat: 5.24g (8.06%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 28.73g (10.45%), Sugar: 15.57g (17.3%), Cholesterol: 27.02mg (9.01%), Sodium: 148.99mg (6.48%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 4.36g (8.71%), Selenium: 8.88µg (12.69%), Calcium: 111.19mg (11.12%), Manganese: 0.21mg (10.69%), Vitamin B1: 0.16mg (10.48%), Vitamin B2: 0.17mg (10.25%), Folate: 38.28µg (9.57%), Phosphorus: 91.04mg (9.1%), Vitamin E: 1.03mg (6.87%), Iron: 1.2mg (6.66%), Vitamin B3: 1.33mg (6.64%), Fiber: 1.57g (6.27%), Vitamin A: 309.44IU (6.19%), Vitamin C: 5.02mg (6.08%), Copper: 0.09mg (4.58%), Magnesium: 17.7mg (4.43%), Potassium: 143.54mg (4.1%), Vitamin K: 3.7µg (3.52%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.24mg (2.42%), Vitamin B6: 0.04mg (1.76%), Vitamin B12: 0.07µg (1.17%)