



Rustic Plum and Port Tart

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



521 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 0.3 teaspoon allspice
- ☐ 0.5 cup plus 1 tablespoon golden brown sugar packed ()
- ☐ 1.5 pounds plums pitted halved quartered (5 to 6 medium)
- ☐ 2 cups tawny port
- ☐ 1 pie crust refrigerated
- ☐ 6 servings whipped cream

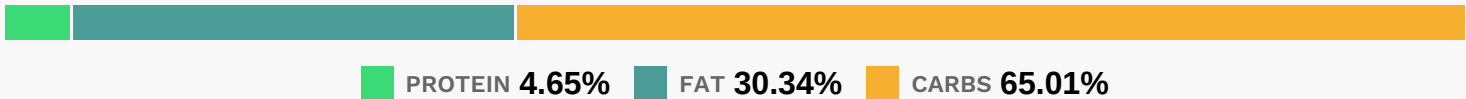
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375°F. Boil Port, 1/2 cup brown sugar, and allspice in large skillet until reduced to 2/3 cup, about 10 minutes.
- ☐ Place plums in large bowl.
- ☐ Sprinkle flour over; toss to coat.
- ☐ Drizzle 1/3 cup syrup over plums; toss to coat. Reserve remaining syrup.
- ☐ Unroll cold pie crust onto parchment-lined baking sheet. Spoon plums into center of crust, leaving 1 1/2-inch border; drizzle any remaining syrup from bowl over plums. Fold crust edges over plums.
- ☐ Brush crust with water; sprinkle crust and plums with remaining 1 tablespoon brown sugar.
- ☐ Bake tart until crust is golden and syrup is bubbling, about 45 minutes.
- ☐ Cut warm or room-temperature tart into wedges.
- ☐ Serve with scoop of vanilla ice cream, drizzling additional syrup over.

Nutrition Facts



Properties

Glycemic Index:31.61, Glycemic Load:14.3, Inflammation Score:-7, Nutrition Score:8.4530433934668%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Petunidin: 5.3mg, Petunidin: 5.3mg, Petunidin: 5.3mg, Petunidin: 5.3mg Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg Malvidin: 75.86mg, Malvidin: 75.86mg, Malvidin: 75.86mg, Malvidin: 75.86mg Peonidin: 3.5mg, Peonidin: 3.5mg, Peonidin: 3.5mg, Peonidin: 3.5mg Catechin: 11.17mg, Catechin: 11.17mg, Catechin: 11.17mg, Catechin: 11.17mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 9.68mg, Epicatechin: 9.68mg, Epicatechin: 9.68mg, Epicatechin: 9.68mg Epicatechin 3-gallate:

0.86mg, Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg, Epicatechin 3–gallate: 0.86mg
Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg,
Epigallocatechin 3–gallate: 0.45mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg
Galocatechin: 0.1mg, Galocatechin: 0.1mg, Galocatechin: 0.1mg, Galocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 520.7kcal (26.04%), Fat: 14.98g (23.05%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 72.24g (24.08%),
Net Carbohydrates: 69.43g (25.25%), Sugar: 49.25g (54.72%), Cholesterol: 29.04mg (9.68%), Sodium: 181.11mg
(7.87%), Alcohol: 12.24g (100%), Alcohol %: 5.05% (100%), Protein: 5.17g (10.33%), Manganese: 0.31mg (15.37%),
Vitamin B2: 0.26mg (15.1%), Vitamin C: 11.2mg (13.58%), Vitamin A: 669.82IU (13.4%), Potassium: 437.05mg
(12.49%), Calcium: 119.02mg (11.9%), Phosphorus: 117.22mg (11.72%), Fiber: 2.81g (11.24%), Vitamin B1: 0.16mg
(10.73%), Vitamin K: 9.53µg (9.07%), Vitamin B3: 1.58mg (7.91%), Folate: 31.3µg (7.83%), Magnesium: 30.67mg
(7.67%), Iron: 1.37mg (7.64%), Copper: 0.15mg (7.4%), Vitamin B5: 0.71mg (7.07%), Selenium: 3.85µg (5.5%), Zinc:
0.77mg (5.12%), Vitamin B6: 0.09mg (4.35%), Vitamin B12: 0.26µg (4.29%), Vitamin E: 0.62mg (4.16%)