



Simnel tart



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



919 kcal

Ingredients

- ☐ 200 g fruit mixed dried
- ☐ 1 orange zest
- ☐ 375 g sheets puff pastry (we used Saxby's)
- ☐ 3 tbsp apricot preserves
- ☐ 200 g marzipan

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

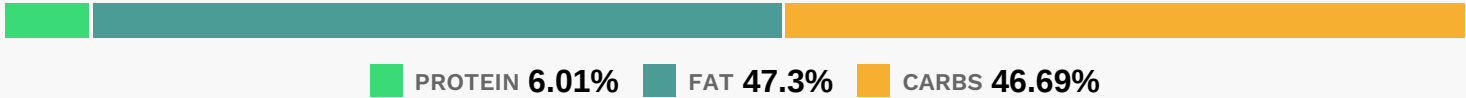
☐

 knife

Directions

- ☐ Mix the fruit, zest and juice in a bowl. Unroll pastry onto a baking sheet. Mark a border 2cm from the edge with a knife, brush jam over the inside section, then chill for 10 mins.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Drain the fruit, then stir in marzipan. Scatter the fruit mix inside the border.
- ☐ Bake for 20 mins, until pastry is golden.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:31.28, Inflammation Score:-6, Nutrition Score:20.910434614057%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 918.77kcal (45.94%), Fat: 49.46g (76.1%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 109.84g (36.61%), Net Carbohydrates: 101.67g (36.97%), Sugar: 51.15g (56.84%), Cholesterol: 0mg (0%), Sodium: 261.03mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.29%), Manganese: 1.47mg (73.42%), Vitamin E: 6.71mg (44.76%), Selenium: 23.82µg (34.03%), Fiber: 8.17g (32.68%), Vitamin B1: 0.47mg (31.61%), Magnesium: 120.26mg (30.06%), Vitamin B3: 5.96mg (29.82%), Vitamin B2: 0.49mg (28.67%), Folate: 108.68µg (27.17%), Iron: 4.46mg (24.79%), Copper: 0.49mg (24.66%), Vitamin K: 22.89µg (21.8%), Phosphorus: 210.83mg (21.08%), Potassium: 550.1mg (15.72%), Calcium: 127.71mg (12.77%), Zinc: 1.59mg (10.62%), Vitamin C: 6mg (7.27%), Vitamin B6: 0.1mg (5.05%), Vitamin B5: 0.38mg (3.85%), Vitamin A: 55.54IU (1.11%)