



Tipsy Spiced Fruit Tart

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



514 kcal

DESSERT

Ingredients

- 3 purée of usa bartlett pear ripe peeled chopped
- 0.7 cup bourbon
- 2 teaspoons little demerara sugar
- 6 oz apricot dried coarsely chopped
- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 2 teaspoons ginger grated
- 0.8 cup granulated sugar

- 0.3 teaspoon ground allspice
- 0.8 teaspoon ground cinnamon
- 1 cup raisins
- 1 box pie crust dough refrigerated softened
- 1 cup frangelico dried halved
- 1 cup frangelico dried halved

Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- ziploc bags

Directions

- In 2-quart saucepan, cook bourbon, cinnamon, allspice and 1/2 cup of the granulated sugar over medium-low heat 3 minutes, stirring frequently, until sugar is dissolved and mixture is hot.
- Remove from heat; stir in figlets, apricots and raisins.
- Pour mixture into large resealable freezer plastic bag. Seal bag; refrigerate 24 hours.
- Heat oven to 350F.
- Pour chilled fruit mixture into large bowl; stir in pears, flour, gingerroot and remaining 1/4 cup granulated sugar.
- Line cookie sheet with cooking parchment paper.
- Remove pie crusts from pouches; unroll and stack on cookie sheet.
- Roll into 12-inch round. Mound fruit mixture on center of crust to within 2 inches of edge. Fold edge of crust over fruit, crimping slightly (crust will not cover fruit in center).
- Brush crust with egg; sprinkle with Demerara sugar.

Bake 50 minutes or until filling is bubbly and crust is golden brown. Cool on cookie sheet on cooling rack 30 minutes.

Nutrition Facts



PROTEIN 4.52% **FAT 26.15%** **CARBS 69.33%**

Properties

Glycemic Index:41.04, Glycemic Load:28.97, Inflammation Score:-6, Nutrition Score:9.2599999723227%

Nutrients (% of daily need)

Calories: 513.54kcal (25.68%), Fat: 13.96g (21.48%), Saturated Fat: 4.29g (26.84%), Carbohydrates: 83.29g (27.76%), Net Carbohydrates: 77.01g (28%), Sugar: 37.56g (41.74%), Cholesterol: 20.46mg (6.82%), Sodium: 220.77mg (9.6%), Alcohol: 6.68g (100%), Alcohol %: 4.15% (100%), Protein: 5.42g (10.85%), Fiber: 6.28g (25.11%), Manganese: 0.4mg (19.95%), Vitamin A: 816.07IU (16.32%), Potassium: 526.29mg (15.04%), Iron: 2.69mg (14.94%), Vitamin B1: 0.19mg (12.49%), Folate: 47.78µg (11.94%), Vitamin B3: 2.34mg (11.69%), Copper: 0.23mg (11.58%), Vitamin B2: 0.19mg (11.18%), Vitamin E: 1.3mg (8.64%), Phosphorus: 86.12mg (8.61%), Selenium: 5.94µg (8.49%), Vitamin K: 6.93µg (6.6%), Magnesium: 25.25mg (6.31%), Vitamin B6: 0.12mg (5.92%), Vitamin C: 4.18mg (5.07%), Vitamin B5: 0.44mg (4.43%), Calcium: 38.32mg (3.83%), Zinc: 0.49mg (3.29%)