



Tipsy Spiced Fruit Tart with Buttermilk Whipped Cream

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



538 kcal

DESSERT

Ingredients

- ☐ 3 bartlett pears ripe peeled chopped
- ☐ 0.7 cup bourbon
- ☐ 2 teaspoons little demerara sugar
- ☐ 7 oz apricots dried coarsely chopped
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons ginger fresh finely grated

- ☐ 0.8 cup granulated sugar divided
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup raisins
- ☐ 14.1 oz piecrusts refrigerated
- ☐ 8 servings buttermilk whipped cream
- ☐ 1 cup mission figlets dried halved
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Equipment

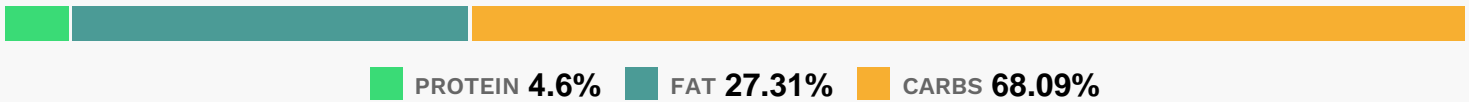
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Cook bourbon, next 2 ingredients, and 1/2 cup granulated sugar in a medium saucepan over medium-low heat, stirring often, 3 minutes or until sugar is dissolved and mixture is hot.
- ☐ Remove from heat, and stir in figlets, apricots, and raisins.
- ☐ Pour mixture into a large zip-top plastic freezer bag. Seal bag, removing as much air as possible; chill 24 hours.
- ☐ Preheat oven to 35
- ☐ Transfer fruit mixture to a large bowl; stir in pears, flour, ginger, and remaining 1/4 cup sugar.
- ☐ Unroll and stack piecrusts on parchment paper.
- ☐ Roll into a 12-inch circle. Mound fruit mixture in center of piecrust (mixture will be slightly runny), leaving a 2- to 2 1/2-inch border. Fold piecrust border up and over fruit, pleating as you go, leaving an opening about 5 inches wide in center.

- ☐ Brush piecrust with egg, and sprinkle with 2 tsp. Demerara sugar. Slide parchment paper onto a baking sheet.
- ☐ Bake at 350 for 50 minutes or until filling is bubbly and crust is golden brown. Cool on baking sheet on a wire rack 30 minutes.
- ☐ Serve warm or at room temperature with Buttermilk Whipped Cream.
- ☐ *Granulated sugar may be substituted.
- ☐ Note: We tested with Sun-Maid Mediterranean Apricots.

Nutrition Facts



Properties

Glycemic Index:47.91, Glycemic Load:30.04, Inflammation Score:-7, Nutrition Score:9.929130471271%

Nutrients (% of daily need)

Calories: 538.42kcal (26.92%), Fat: 15.37g (23.65%), Saturated Fat: 5.14g (32.16%), Carbohydrates: 86.25g (28.75%), Net Carbohydrates: 79.71g (28.99%), Sugar: 39.94g (44.38%), Cholesterol: 27.81mg (9.27%), Sodium: 222.53mg (9.68%), Alcohol: 6.68g (100%), Alcohol %: 3.95% (100%), Protein: 5.83g (11.66%), Fiber: 6.54g (26.14%), Manganese: 0.41mg (20.37%), Vitamin A: 988.93IU (19.78%), Potassium: 577.22mg (16.49%), Iron: 2.8mg (15.55%), Vitamin B1: 0.19mg (12.69%), Copper: 0.24mg (12.24%), Vitamin B3: 2.43mg (12.17%), Folate: 48.64µg (12.16%), Vitamin B2: 0.2mg (11.77%), Vitamin E: 1.49mg (9.97%), Phosphorus: 95.43mg (9.54%), Selenium: 6.33µg (9.04%), Vitamin K: 7.15µg (6.81%), Magnesium: 27.13mg (6.78%), Vitamin B6: 0.13mg (6.36%), Vitamin C: 4.22mg (5.12%), Vitamin B5: 0.49mg (4.91%), Calcium: 46.74mg (4.67%), Zinc: 0.54mg (3.6%), Vitamin B12: 0.07µg (1.22%)