

Vanilla Pistachio Fig Tart

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



402 kcal

DESSERT

Ingredients

- 1 tablespoon brandy
- 0.5 cup powdered sugar plus more for decorating
- 1 eggs
- 1 egg whites
- 2 tablespoons flour all-purpose
- 8 figs fresh
- 2 tablespoons lemon zest
- 1 cup pistachios shelled

- 2 tablespoons butter unsalted cooled melted
- 1 vanilla pod

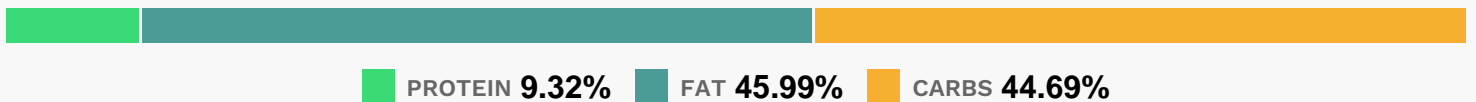
Equipment

- food processor
- oven
- tart form

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Spray four 3 3/4 inch (9.5 centimeter) tart pans with cooking spray.
- In food processor, process nuts and vanilla bean to a fine texture. Sift flour and confectioner's sugar together, and add to nuts; pulse to combine.
- Add egg, egg white, butter, brandy, and lemon zest. Pulse to combine. Slice 6 figs into 3/4 inch (2 centimeter) thick slices, and stir into batter. Divide batter into tart pans.
- Cut remaining figs into thin slices, and arrange over batter in each tart pan.
- Bake until tarts are set and golden brown, about 40 minutes. When cool, sprinkle with additional confectioner's sugar.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:12.683913023575%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 401.64kcal (20.08%), Fat: 21.23g (32.66%), Saturated Fat: 5.72g (35.72%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 39.94g (14.52%), Sugar: 33.56g (37.29%), Cholesterol: 55.97mg (18.66%), Sodium: 30.74mg (1.34%), Alcohol: 1.25g (100%), Alcohol %: 0.87% (100%), Protein: 9.68g (19.36%), Vitamin B6: 0.66mg (33.09%), Manganese: 0.53mg (26.4%), Fiber: 6.49g (25.95%), Copper: 0.49mg (24.53%), Vitamin B1: 0.36mg (24.27%), Phosphorus: 193.82mg (19.38%), Potassium: 585.46mg (16.73%), Magnesium: 57.77mg (14.44%), Selenium: 8.68µg (12.4%), Vitamin B2: 0.21mg (12.28%), Iron: 1.98mg (11.02%), Vitamin A: 505.44IU (10.11%), Vitamin C: 7.59mg (9.2%), Folate: 34.62µg (8.65%), Calcium: 80.39mg (8.04%), Vitamin E: 1.1mg (7.37%), Vitamin B5: 0.68mg (6.76%), Zinc: 1.01mg (6.76%), Vitamin B3: 1.05mg (5.26%), Vitamin K: 5.23µg (4.98%), Vitamin D: 0.32µg (2.17%), Vitamin B12: 0.12µg (1.94%)