



Yarnall Family's Fyrstekake (Norwegian Cardamom-Almond Tart)

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 large egg whites
- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 teaspoon ground cardamom freshly ground
- ☐ 2 teaspoons cup heavy whipping cream whole
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 cup powdered sugar
- ☐ 2 cups slivered almonds
- ☐ 0.5 cup sugar
- ☐ 10 servings butter unsalted (for pan)
- ☐ 0.5 teaspoons vanilla extract

Equipment

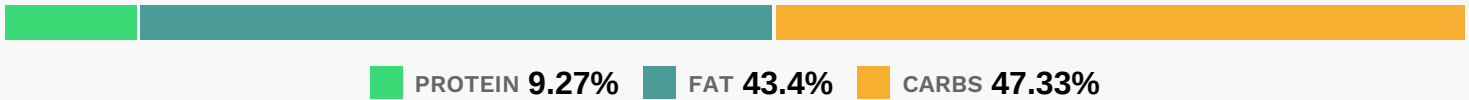
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ Whisk flour, baking powder, cardamom, and salt in a medium bowl; set aside. Using an electric mixer, beat 1/2 cup butter and sugar in a medium bowl until pale and fluffy, about 3 minutes. Beat in egg yolk and milk. With mixer running on low speed, gradually add dry ingredients and beat just until thoroughly combined.
- ☐ Pat dough into a ball; break off one-quarter of dough. Form each piece into a ball. Flatten balls into disks. Cover separately and chill dough disks for at least 2 hours or overnight.
- ☐ Butter tart pan. Break larger dough disk into small pieces and scatter over bottom of tart pan. Using your fingertips, press dough onto bottom and up sides of pan. Use the flat bottom of a measuring cup to smooth the surface and trim the edges.

- ☐ Roll out smaller dough diskto about 1/8" thick. Using decorative cookiecutters, cut out shapes and place on aparchment paper-lined baking sheet. Coverand chill crust and cutouts for 1 hour.
- ☐ Preheat oven to 350°F. Pulse almonds,powdered sugar, cardamom, and nutmegin a food processor until nuts are finelyground.
- ☐ Transfer dry ingredients to a largebowl. Using an electric mixer, beat eggwhites and vanilla in a medium bowl untilmedium peaks form. Gently fold egg whitesinto dry ingredients.
- ☐ Whisk egg yolk and 2 teaspoons water in a smallbowl to blend. Fill chilled crust with almondmixture; smooth top. Arrange cutouts on topand brush cutouts with egg wash.
- ☐ Bake tart until crust and cutouts aregolden brown and filling is set, 30–35minutes.
- ☐ Transfer to a wire rack; let cool.DO AHEAD: Tart can be made 2 days ahead.Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:32.21, Glycemic Load:15.92, Inflammation Score:-4, Nutrition Score:10.083043371368%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 318.51kcal (15.93%), Fat: 15.88g (24.42%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 35.78g (13.01%), Sugar: 22.85g (25.39%), Cholesterol: 30.24mg (10.08%), Sodium: 119.53mg (5.2%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 7.63g (15.27%), Vitamin E: 5.71mg (38.05%), Manganese: 0.65mg (32.37%), Vitamin B2: 0.38mg (22.6%), Magnesium: 63.67mg (15.92%), Phosphorus: 139.82mg (13.98%), Selenium: 9.33µg (13.33%), Fiber: 3.18g (12.7%), Copper: 0.25mg (12.62%), Vitamin B1: 0.17mg (11.42%), Folate: 41.2µg (10.3%), Iron: 1.66mg (9.23%), Calcium: 89.64mg (8.96%), Vitamin B3: 1.72mg (8.61%), Zinc: 0.85mg (5.65%), Potassium: 197.87mg (5.65%), Vitamin A: 164.43IU (3.29%), Vitamin B5: 0.25mg (2.48%), Vitamin B6:

0.04mg (2.19%), Vitamin D: 0.18µg (1.22%)