

Plum-Coconut Tart

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Servings: 9

1 sheet puff pastry, thawed according to package directions
1/4 cup almond meal
2 tablespoons shredded dried unsweetened coconut
1 tablespoon sugar
4 (about 1 pound) plums, halved, pitted and cut into eight wedges each
1 tablespoon shredded dried unsweetened coconut (for sprinkling)
1 large egg white
1 tablespoon water
1 teaspoon sugar (for sprinkling)
whipped cream (for serving) (optional)

Preparation Time: 25 minutes

Preheat the oven to 400 degrees.

On a lightly floured sheet of parchment paper, roll out the puff pastry to a 10x12-inch rectangle. Slide onto a baking sheet.

In a bowl, combine the almond meal, coconut and sugar. Spoon onto the puff pastry, leaving a 3/4-inch border. Arrange the plums on top. Sprinkle with coconut.

Beat the egg white with the water. Brush the egg wash onto the crust. Sprinkle with sugar.

Refrigerate for 30 minutes.

Bake the tart until the pastry crust is golden and puffed and the plums are tender, 20 to 22 minutes. Let stand at least 15 minutes.

Serve warm or at room temperature with whipped cream, if desired.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 68 Calories; 3g Fat (36.5% calories from fat); 3g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

68

Vitamin B6 (mg):

trace

% Calories from Fat:	36.5%
% Calories from Carbohydrates:	49.2%
% Calories from Protein:	14.2%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	19mg
Potassium (mg):	113mg
Calcium (mg):	18mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	95IU
Vitamin A (r.e.):	9 1/2RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	8mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 68 Calories from Fat: 25

% Daily Values*

Total Fat	3g	4%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	19mg	1%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	2%
Protein	3g	
Vitamin A		2%
Vitamin C		5%
Calcium		2%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.