



Anise-Hyssop Apple Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



887 kcal

DESSERT

Ingredients

- 1 tablespoon anise-hyssop fresh chopped
- 2 tablespoons apple brandy
- 6 servings garnish: edible flowers fresh assorted
- 1 sheets pastry thawed
- 17.3 ounce puff frozen
- 0.3 cup sugar
- 2 tablespoons sugar
- 6 tart apples such as granny smith or pippin

- 0.3 cup butter unsalted divided

Equipment

- food processor
- frying pan
- baking sheet
- baking paper
- oven

Directions

- Unfold pastry on a lightly floured surface and roll each sheet into an 11-inch square.
- Cut 3 (6-inch) circles from each sheet.
- Peel, core, and thinly slice 5 apples.
- Melt 3 tablespoons butter in a large skillet; stir in 1/4 cup sugar, brandy, and sliced apples. Cover and cook over medium-high heat, stirring occasionally, 10 minutes or until tender and golden brown. Cool slightly.
- Process apple mixture and anise-hyssop in a food processor until smooth, stopping to scrape down sides; cool completely.
- Peel remaining apple; cut into 24 thin wedges.
- Melt remaining 1 tablespoon butter with 2 tablespoons sugar in skillet, add thin apple wedges, and cook over medium-high heat 5 to 7 minutes or until tender; cool.
- Press a 4-inch ring mold in center of each puff pastry circle. Spoon 2 tablespoons of anise-hyssop mixture in the center of each circle, and arrange apple slices on top.
- Place tarts on parchment paper-lined baking sheet, and bake 15 minutes or until pastry is golden brown.
- Serve warm or at room temperature.
- Garnish, if desired.
- *Note: We used Calvados.

Nutrition Facts



PROTEIN 4.22% FAT 54.43% CARBS 41.35%

Properties

Glycemic Index:52.7, Glycemic Load:45.3, Inflammation Score:-6, Nutrition Score:14.443478075059%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 887.32kcal (44.37%), Fat: 54.65g (84.07%), Saturated Fat: 16.71g (104.44%), Carbohydrates: 93.42g (31.14%), Net Carbohydrates: 87.03g (31.65%), Sugar: 32.66g (36.29%), Cholesterol: 20.34mg (6.78%), Sodium: 307.96mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Selenium: 29.78µg (42.54%), Vitamin B1: 0.52mg (34.68%), Manganese: 0.67mg (33.66%), Vitamin B3: 5.29mg (26.47%), Folate: 102.86µg (25.71%), Fiber: 6.39g (25.55%), Vitamin B2: 0.4mg (23.73%), Vitamin K: 24.47µg (23.31%), Iron: 3.41mg (18.96%), Vitamin C: 9.14mg (11.08%), Copper: 0.2mg (9.75%), Phosphorus: 97.33mg (9.73%), Vitamin E: 1.22mg (8.11%), Potassium: 283.63mg (8.1%), Vitamin A: 393.4IU (7.87%), Magnesium: 30.02mg (7.5%), Vitamin B6: 0.1mg (5.18%), Zinc: 0.74mg (4.95%), Calcium: 28.26mg (2.83%), Vitamin B5: 0.13mg (1.27%)