



## Apple Almond Cardamom Tart



Vegetarian

READY IN



140 min.

SERVINGS



6

CALORIES



318 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon calvados
- ☐ 1 eggs lightly beaten ( )
- ☐ 0.5 cup granulated sugar divided ( )
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 6 servings puff pastry chilled thawed prepared ( and )
- ☐ 1.5 cup slivered almonds

- ☐ 1 tablespoon sugar
- ☐ 4 tablespoon butter unsalted at room temperature ()

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

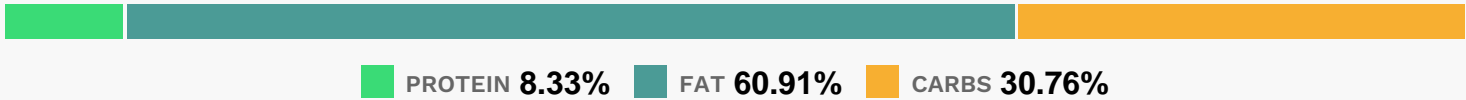
## Directions

- ☐ Combine almonds, ½ cup sugar, 1 whole egg, Calvados (if using), cardamom and salt in the bowl of a food processor fitted with the metal blade. Pulse multiple times until a soft paste forms.
- ☐ Add butter; blend until well combined, about 10 seconds. Scrape the mixture into a small bowl, cover and refrigerate at least 1 hour or up to 2 days. If you are using a single large sheet of 14-ounce commercial style puff pastry, trim it to a 12-inch-by-9-inch rectangle then transfer it to a parchment lined baking sheet that has been lightly spritzed with water. There will be extra puff pastry, save it (stacked and folded, not wadded into a ball) for another use. If you are using the grocery store style of puff pastry (the kind that comes in a 17½-ounce two-pack with each sheet folded in thirds) you'll need to roll out the dough. In that case leave them folded in thirds, but stack them on top of each other, oriented in the same direction. Then, on a lightly floured surface, roll out the puff pastry to form a rectangle about a scant ¼-inch thick. Then trim the pastry into a 12-inch-by-9-inch rectangle; transfer it to a parchment lined baking sheet that has been spritzed with water. There will be extra puff pastry, save it (stacked and folded, not wadded into a ball) for another use. Once the rectangle is sitting on the baking sheet, cut eight ½-inch strips from the long side of the puff pastry, move the strips to the counter and recenter the remaining 8-inch-by-9-inch rectangle if necessary. Neatly brush a ½-inch wide border of egg wash along each edge of the puff pastry rectangle; save the remaining egg wash for brushing the assembled tart. Use four of the remaining strips of puff pastry to create a raised border; trimming the pieces to fit cleanly at each corner. Press gently with your fingers to adhere. Set the last 4 strips of puff pastry aside as a decorative top for the tart (optional). Using a fork or a docker, poke holes in the bottom of the tart shell (not the raised border).
- ☐ Transfer the tart shell to the refrigerator to chill uncovered, for about 1 hour. This will help the pastry keep its shape and rise well. Set the oven rack to the center position, then preheat the

oven to 400 degrees F.Core and slice the apple into at least 36 thin slices. Toss them with lemon juice and remaining 2 tablespoons sugar until well coated. Set aside.

- ☐ Remove the tart shell and the almond filling from the refrigerator. Using a spoon dollop the almond filling evenly across the bottom of the tart shell. Then smooth the filling with the back of the spoon evenly across the interior of the tart shell. Take care to keep it within the border. Line the apple slices up in three rows of 12 overlapping apple slices (or more to taste).
- ☐ Brush the exposed puff pastry border (tops and sides) with more egg wash.
- ☐ Lay the remaining strips of puff pastry decoratively across the apples. Press gently with your fingers to adhere (optional).
- ☐ Brush the entire surface of the tart (puff pastry and apples) with egg wash.
- ☐ Sprinkle with Turbinado sugar, then transfer to the heated oven.
- ☐ Bake until puffed and well browned; 40 to 45 minutes.
- ☐ Let cool on a rack.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:26.02, Glycemic Load:12.13, Inflammation Score:-5, Nutrition Score:9.842173786267%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 318.24kcal (15.91%), Fat: 22.19g (34.14%), Saturated Fat: 6.15g (38.43%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 21.78g (7.92%), Sugar: 19.89g (22.11%), Cholesterol: 47.35mg (15.78%), Sodium: 111.4mg (4.84%), Alcohol: 0.83g (100%), Alcohol %: 1.54% (100%), Protein: 6.83g (13.65%), Vitamin E: 7.21mg (48.1%), Manganese:

0.67mg (33.68%), Vitamin B2: 0.35mg (20.66%), Magnesium: 74.7mg (18.68%), Phosphorus: 147.85mg (14.78%), Copper: 0.29mg (14.45%), Fiber: 3.44g (13.78%), Calcium: 80.33mg (8.03%), Iron: 1.2mg (6.67%), Zinc: 0.97mg (6.45%), Potassium: 216.3mg (6.18%), Vitamin A: 273.27IU (5.47%), Selenium: 3.8µg (5.42%), Vitamin B3: 1.03mg (5.16%), Vitamin B1: 0.06mg (4.25%), Folate: 16.89µg (4.22%), Vitamin B6: 0.05mg (2.58%), Vitamin B5: 0.25mg (2.53%), Vitamin D: 0.29µg (1.91%), Vitamin B12: 0.08µg (1.35%), Vitamin C: 1mg (1.22%)