



## Apple and Blue Cheese Tart

READY IN



55 min.

SERVINGS



12

CALORIES



222 kcal

### Ingredients

- 1 medium apples peeled cut into 1/4-inch slices ( 1 cup)
- 1 oz cheese blue crumbled
- 3 tablespoons butter
- 1 teaspoon thyme sprigs fresh chopped
- 0.3 cup pistachios chopped
- 1 pearl onions red halved
- 1 box pie crust dough refrigerated softened
- 0.3 cup shallots finely chopped
- 2 tablespoons cranberries dried sweetened

## Equipment

- frying pan
- oven
- wire rack
- tart form

## Directions

- Heat oven to 450F. Make pie crust as directed on box for One-Crust
- Baked Shell using 9-inch tart pan with removable bottom.
- Bake 8 to 10 minutes or until lightly browned.
- Meanwhile, in 8-inch skillet, melt butter over medium heat.
- Add shallots; cook 2 to 4 minutes, stirring occasionally, until tender.
- Remove from heat.
- Arrange apple slices in concentric circles in single layer in crust.
- Spread butter mixture over apples.
- Bake 15 to 20 minutes.
- Sprinkle nuts, cranberries, cheese and thyme over apples.
- Bake about 3 minutes longer or until crust is golden brown. Cool on cooling rack 10 minutes.
- Serve warm or at room temperature.
- Garnish with onion.

## Nutrition Facts



**PROTEIN 5.98%** **FAT 53.82%** **CARBS 40.2%**

## Properties

Glycemic Index:14.92, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:3.9999999850988%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## **Nutrients (% of daily need)**

Calories: 221.73kcal (11.09%), Fat: 13.41g (20.64%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 20.67g (7.52%), Sugar: 4.22g (4.69%), Cholesterol: 1.77mg (0.59%), Sodium: 197.71mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.71%), Manganese: 0.22mg (10.78%), Vitamin B1: 0.12mg (8.2%), Fiber: 1.87g (7.48%), Folate: 28.77µg (7.19%), Iron: 1.12mg (6.2%), Phosphorus: 53.22mg (5.32%), Vitamin B3: 1mg (5.02%), Vitamin B6: 0.1mg (4.89%), Vitamin B2: 0.08mg (4.62%), Copper: 0.07mg (3.63%), Selenium: 2.53µg (3.61%), Vitamin A: 170.61IU (3.41%), Potassium: 110.19mg (3.15%), Vitamin K: 3.08µg (2.93%), Magnesium: 11.5mg (2.88%), Calcium: 27.36mg (2.74%), Vitamin E: 0.41mg (2.73%), Vitamin B5: 0.23mg (2.3%), Vitamin C: 1.83mg (2.22%), Zinc: 0.31mg (2.08%)