



Apple and Calvados Tart

 Vegetarian

READY IN



4500 min.

SERVINGS



8

CALORIES



335 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons apple jelly
- ☐ 1.5 tablespoons calvados
- ☐ 8 servings calvados applesauce
- ☐ 1 tablespoon confectioners sugar
- ☐ 1.8 pound gala apples
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup heavy cream chilled
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 8 servings all-butter pastry dough
- ☐ 3 tablespoons butter unsalted cut into 1/2-inch pieces

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Roll out pastry on a lightly floured surface with a floured rolling pin into a rough 16-inch round (1/8 inch thick), then transfer carefully to parchment-lined large baking sheet. Loosely fold in edge of pastry where necessary to fit on baking sheet, then chill, covered loosely with plastic wrap, 30 minutes.
- ☐ Preheat oven to 425°F.
- ☐ While pastry is chilling, peel and core apples, then cut into 1/8-inch-thick slices. Toss slices with lemon juice and 1/3 cup granulated sugar.
- ☐ Put baking sheet with pastry on a work surface and unfold any edges so pastry is flat.
- ☐ Spread applesauce over pastry, leaving a 2-inch border, and top sauce with sliced apples, mounding slightly. Fold edges of dough over filling, partially covering apples (center will not be covered) and pleating dough as necessary. Dot apples with butter, then brush pastry edge lightly with water and sprinkle with remaining 1/2 tablespoon granulated sugar.
- ☐ Bake galette in middle of oven until pastry is golden and apples are tender, 40 to 45 minutes.
- ☐ While galette is baking, melt apple jelly in a very small saucepan over moderately low heat, stirring.
- ☐ Slide baked galette on parchment onto a rack, then brush with melted jelly and cool galette until warm or room temperature.

- ☐
- Beat together cream and confectioners sugar in a bowl with an electric mixer until cream just holds soft peaks, then beat in Calvados.
- ☐
- Serve galette topped with dollops of Calvados cream.
- ☐
- Galette can be made 8 hours ahead and kept at room temperature.

PROTEIN

3.32%

FAT

48.51%

CARBS

48.17%

Properties

Glycemic Index:28.14, Glycemic Load:14.5, Inflammation Score:-5, Nutrition Score:4.9039130184961%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 335.02kcal (16.75%), Fat: 16.34g (25.14%), Saturated Fat: 9.85g (61.55%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 33.72g (12.26%), Sugar: 22.37g (24.86%), Cholesterol: 44.9mg (14.97%), Sodium: 102.87mg (4.47%), Alcohol: 5.95g (100%), Alcohol %: 4.07% (100%), Protein: 2.51g (5.03%), Vitamin A: 622.18IU (12.44%), Fiber: 2.79g (11.15%), Vitamin B2: 0.15mg (9.05%), Vitamin B1: 0.13mg (8.52%), Selenium: 5.5µg (7.86%), Vitamin C: 5.56mg (6.74%), Manganese: 0.13mg (6.55%), Folate: 21.71µg (5.43%), Phosphorus: 45.2mg (4.52%), Vitamin B3: 0.89mg (4.45%), Potassium: 154.47mg (4.41%), Iron: 0.79mg (4.39%), Vitamin E: 0.6mg (3.97%), Vitamin K: 3.98µg (3.79%), Vitamin D: 0.55µg (3.7%), Calcium: 29.86mg (2.99%), Copper: 0.06mg (2.92%), Vitamin B6: 0.06mg (2.92%), Magnesium: 10.22mg (2.56%), Vitamin B5: 0.2mg (2.02%), Zinc: 0.22mg (1.47%)