



Apple and Caraway Tartlets with Cinnamon-Clove Ice Cream and Cider-Caramel Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



459 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 6 servings cider-caramel sauce
- ☐ 1 teaspoon caraway seeds
- ☐ 2.5 pounds granny smith apples cored peeled halved cut into 4 wedges (7)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 5 teaspoons ice water ()
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar

- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch pieces (1 stick)
- ☐ 1 Clove whipped cream

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Blend flour, sugar, caraway and salt in processor.
- ☐ Add butter and process, using on/off turns, until butter is cut into pea-size pieces.
- ☐ Add 5 teaspoons ice water. Blend until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk.
- ☐ Cut into 6 equal pieces. Press each piece of dough into 4 1/2-inch-diameter tartlet pan with 3/4-inch-high sides and removable bottom. (Can be made 1 day ahead. Cover each crust; chill.)
- ☐ Place 3/4 cup Cider-Caramel Sauce in heavy large skillet.
- ☐ Add apples and cinnamon. Cook over high heat until apples are crisp-tender, about 8 minutes. Cool filling completely.
- ☐ Place rack at lowest position in oven; preheat to 375°F Divide filling among crusts, overlapping apples, if desired.
- ☐ Place tartlets on oven rack; bake until apples are tender and crust is brown at edges, about 40 minutes.
- ☐ Transfer to rack; cool 30 minutes. Push up pan bottoms, releasing tartlets. (Can be made 8 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Rewarm remaining sauce in small saucepan.
- ☐ Place tartlets on plates. Top with ice cream and some warm sauce.
- ☐ Garnish with grapes and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:28.36, Inflammation Score:-6, Nutrition Score:8.720434701961%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 14.23mg, Epicatechin: 14.23mg, Epicatechin: 14.23mg, Epicatechin: 14.23mg 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 Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 459.03kcal (22.95%), Fat: 16.06g (24.71%), Saturated Fat: 9.83g (61.45%), Carbohydrates: 79.06g (26.35%), Net Carbohydrates: 73.46g (26.71%), Sugar: 48.58g (53.98%), Cholesterol: 40.74mg (13.58%), Sodium: 335.26mg (14.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Fiber: 5.6g (22.38%), Vitamin B1: 0.28mg (18.65%), Manganese: 0.33mg (16.71%), Selenium: 11.39µg (16.27%), Folate: 64.28µg (16.07%), Vitamin B2: 0.21mg (12.52%), Vitamin A: 613.19IU (12.26%), Vitamin C: 8.97mg (10.87%), Vitamin B3: 2.04mg (10.2%), Iron: 1.75mg (9.74%), Potassium: 272.32mg (7.78%), Phosphorus: 76.85mg (7.69%), Vitamin E: 0.83mg (5.54%), Vitamin K: 5.63µg (5.36%), Copper: 0.1mg (5.2%), Magnesium: 19.73mg (4.93%), Vitamin B6: 0.09mg (4.67%), Calcium: 44.65mg (4.47%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.34mg (2.24%), Vitamin D: 0.28µg (1.89%), Vitamin B12: 0.1µg (1.75%)