



Apple and Cheddar Tart

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 large apples cored sliced (and thinly)
- ☐ 2 cups baby arugula
- ☐ 2 cups strong cheddar grated ()
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 sheet puff pastry thawed (according to the packages directions)
- ☐ 1 teaspoon rosemary chopped ()

☐ 4 servings salt and pepper to taste

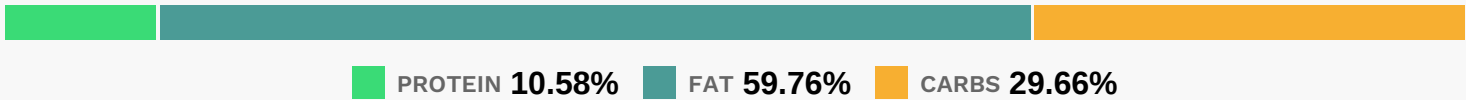
Equipment

☐ oven

Directions

- ☐ Simmer the apple slices in the cider until they just start to turn tender, about 2–3 minutes, remove and set them aside.
- ☐ Simmer the remaining cider to reduce to about 2 tablespoons.
- ☐ Toss the apple slices in the reduced cider and rosemary.
- ☐ Roll the puff pastry out to a 16x10 inch rectangle.
- ☐ Score a line around the puff pastry about 1/2 inch from the edge.
- ☐ Spread the mustard over the pastry inside the scored line followed by 3/4 of the cheese.
- ☐ Spread the apple slices over the cheese and mustard followed by the remaining cheese.
- ☐ Brush the outer edge of the pastry with the olive oil.
- ☐ Bake in a preheated 375F oven until the cheese has melted and the pastry is golden brown, about 15–20 minutes.1
- ☐ Meanwhile toss the arugula in the oil and lemon juice and season with salt and pepper. 1
- ☐ Serve the apple tart topped with the arugula and enjoy.

Nutrition Facts



Properties

Glycemic Index:72.44, Glycemic Load:22.16, Inflammation Score:–7, Nutrition Score:16.801739226217%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 11.17mg, Epicatechin: 11.17mg, Epicatechin: 11.17mg, Epicatechin: 11.17mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–

gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 692.05kcal (34.6%), Fat: 46.64g (71.76%), Saturated Fat: 17.31g (108.2%), Carbohydrates: 52.09g (17.36%), Net Carbohydrates: 47.88g (17.41%), Sugar: 18.32g (20.35%), Cholesterol: 56.5mg (18.83%), Sodium: 804.61mg (34.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.15%), Selenium: 33.46µg (47.79%), Calcium: 438.42mg (43.84%), Phosphorus: 325.53mg (32.55%), Vitamin B2: 0.48mg (27.98%), Vitamin K: 26.79µg (25.51%), Manganese: 0.45mg (22.6%), Vitamin B1: 0.31mg (20.74%), Folate: 74.04µg (18.51%), Vitamin A: 871.17IU (17.42%), Zinc: 2.55mg (17.02%), Fiber: 4.22g (16.87%), Vitamin B3: 2.8mg (14.02%), Iron: 2.16mg (12%), Magnesium: 42.17mg (10.54%), Vitamin C: 8.66mg (10.49%), Vitamin E: 1.54mg (10.27%), Vitamin B12: 0.6µg (9.98%), Potassium: 312.09mg (8.92%), Copper: 0.14mg (6.98%), Vitamin B6: 0.12mg (6.14%), Vitamin B5: 0.4mg (4.01%), Vitamin D: 0.34µg (2.26%)