



Apple and Pomegranate Tart Tartin

READY IN



45 min.

SERVINGS



8

CALORIES



477 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 pinch of coarse kosher salt
- ☐ 0.3 cup crème fraîche sour
- ☐ 0.1 teaspoon ground allspice
- ☐ 3 cups pomegranate juice refrigerated pure
- ☐ 3.3 pounds golden delicious apples cored peeled quartered
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted room temperature ()

- ☐ 8 servings whipped cream

Equipment

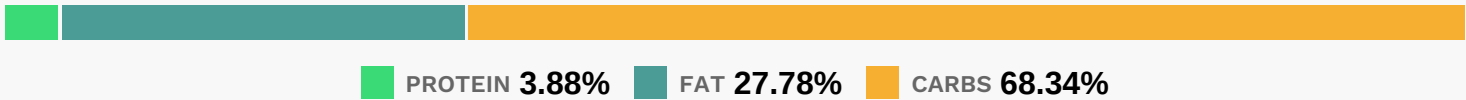
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Blend first 3 ingredients in processor 5 seconds.
- ☐ Add chilled butter and blend until coarse meal forms.
- ☐ Add crème fraîche. Blend, using on/off turns, until moist clumps form. Gather dough into ball; flatten into disk. Wrap; chill 1 hour.
- ☐ Roll dough out on lightly floured surface to 11-inch-diameter round. Slide onto rimless baking sheet, cover, and chill until ready to use, up to 1 day.
- ☐ Boil pomegranate juice in heavy large saucepan until reduced to scant 1 cup syrup, about 15 minutes. DO AHEAD: Pomegranate syrup can be made 1 day ahead. Cover; chill.
- ☐ Position rack in center of oven and preheat to 400°F.
- ☐ Spread room-temperature butter evenly over bottom and up sides of heavy medium oven-proof skillet (10 inches across top; 8 inches across bottom; 2 1/4 inches deep).
- ☐ Sprinkle sugar evenly over butter. Cook over medium heat without stirring until mixture bubbles all over, about 3 minutes.
- ☐ Remove from heat. Stand apple quarters on 1 end around edge of skillet, leaning 1 cut edge against pan side and fitting snugly. Stand as many apples in center as will fit.
- ☐ Sprinkle apples with all spice and salt.
- ☐ Cook apples over medium-high heat without stirring until thick, deep-amber syrup bubbles up, adding any remaining apples as space permits (apples will shrink as they cook), about 20 minutes.
- ☐ Pour 1/4 cup pomegranate syrup over (mixture will bubble). Cook until juices thicken again, 4 to 5 minutes (syrup will be deep amber).
- ☐ Remove from heat.

- ☐ Using spatula, press apples gently toward center, then down to compact. Slide crust over apples. Press crust down around apples at edge of skillet.
- ☐ Cut 4 slits in top for steam to escape.
- ☐ Bake tart until crust is brown and juices at edge are thick and dark scarlet in color, 25 to 30 minutes.
- ☐ Remove skillet from oven; let stand 1 minute.
- ☐ Place large plate over skillet. Using oven mitts and holding plate and skillet firmly together, invert tart onto plate. Carefully lift off skillet. Return any apple to tart that may be stuck in skillet.
- ☐ Let cool at least 15 minutes.
- ☐ Serve tarte
- ☐ Tatin warm or at room temperature with vanilla ice cream and drizzle of remaining pomegranate syrup.

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:37.66, Inflammation Score:-6, Nutrition Score:10.003043397613%

Flavonoids

Cyanidin: 5.13mg, Cyanidin: 5.13mg, Cyanidin: 5.13mg, Cyanidin: 5.13mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 13.88mg, Epicatechin: 13.88mg, Epicatechin: 13.88mg, Epicatechin: 13.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 477.1kcal (23.86%), Fat: 15.21g (23.4%), Saturated Fat: 9g (56.25%), Carbohydrates: 84.2g (28.07%), Net Carbohydrates: 78.79g (28.65%), Sugar: 63.93g (71.03%), Cholesterol: 48.53mg (16.18%), Sodium: 144.1mg (6.26%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.78g (9.56%), Fiber: 5.41g (21.63%), Vitamin B2: 0.32mg

(18.56%), Potassium: 556.46mg (15.9%), Folate: 60.49µg (15.12%), Vitamin K: 14.61µg (13.92%), Manganese: 0.27mg (13.4%), Vitamin B1: 0.2mg (13.12%), Phosphorus: 123.92mg (12.39%), Vitamin A: 599.59IU (11.99%), Calcium: 117.56mg (11.76%), Vitamin C: 9.04mg (10.96%), Selenium: 7.22µg (10.31%), Vitamin B5: 0.86mg (8.62%), Vitamin B6: 0.15mg (7.73%), Magnesium: 29.33mg (7.33%), Vitamin E: 1.09mg (7.24%), Vitamin B3: 1.39mg (6.97%), Iron: 1.12mg (6.21%), Copper: 0.11mg (5.55%), Zinc: 0.75mg (5.03%), Vitamin B12: 0.28µg (4.74%), Vitamin D: 0.24µg (1.59%)