



Apple and Prune Tart

 Vegetarian

READY IN



4500 min.

SERVINGS



10

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons calvados
- ☐ 1 teaspoon cinnamon
- ☐ 5 tablespoons flour all-purpose
- ☐ 1 pinch ground cloves
- ☐ 4 tablespoons water
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 7 oz prune- cut to pieces packed pitted halved
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 2 pounds apple green
- ☐ 1.3 sticks butter unsalted cold cut into pieces
- ☐ 0.5 cup walnut pieces toasted
- ☐ 0.3 cup water
- ☐ 1 tablespoon milk whole

Equipment

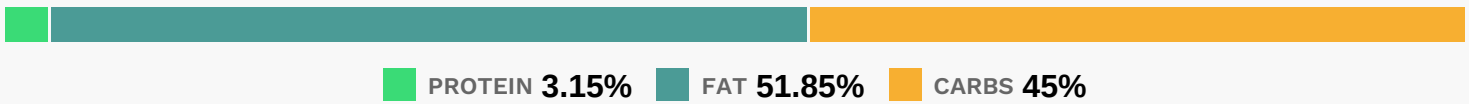
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Pulse together flour, sugar, and salt in a food processor.
- ☐ Add butter and pulse until mixture resembles coarse meal.
- ☐ Sprinkle in 4 tablespoons ice water and pulse until pastry starts to hold together, adding remaining tablespoon ice water if needed. Turn dough out onto a very lightly floured surface and knead 4 or 5 times. Form dough into a disk and chill, wrapped in plastic wrap, 30 minutes.
- ☐ Simmer water, Calvados, and prunes, uncovered, until most of liquid is absorbed, about 10 minutes.
- ☐ Remove from heat and cool.
- ☐ Preheat oven to 400°F.
- ☐ Stir together cinnamon, cloves, 2 tablespoons flour, and 1/2 cup sugar.
- ☐ Peel and core apples and cut into 1/2-inch wedges. Halve wedges crosswise and toss with cinnamon mixture.
- ☐ Add lemon juice and toss to coat.

- ☐ Finely grind walnuts with remaining 3 tablespoons flour and remaining 1/4 cup sugar in a food processor.
- ☐ Roll out dough on a lightly floured surface into a 14- by 18-inch oval.
- ☐ Roll dough loosely onto floured rolling pin and unroll onto a large buttered baking sheet. Sprinkle walnut mixture over pastry, leaving a 2 1/2- to 3-inch border.
- ☐ Stir stewed prunes into apple mixture and spoon over walnut mixture, evenly tucking prunes between apple pieces. Turn edge of dough over fruit to form pleats.
- ☐ Brush top of dough with milk and sprinkle with sugar.
- ☐ Bake tart, loosely covered with foil, in middle of oven 30 minutes.
- ☐ Remove foil and bake until crust and fruit are golden and juices are bubbling, about 30 minutes more. Cool tart on baking sheet on a rack at least 20 minutes before serving.
- ☐ Pastry dough may be made 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:28.41, Glycemic Load:9.6, Inflammation Score:-5, Nutrition Score:6.0660869064538%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 261.45kcal (13.07%), Fat: 15.6g (24%), Saturated Fat: 7.69g (48.08%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 26.26g (9.55%), Sugar: 18.5g (20.55%), Cholesterol: 30.55mg (10.18%), Sodium: 178.84mg (7.78%), Alcohol: 1g (100%), Alcohol %: 0.81% (100%), Protein: 2.13g (4.26%), Manganese: 0.36mg (17.96%), Fiber: 4.2g

(16.78%), Vitamin K: 15.04µg (14.33%), Vitamin A: 561.3IU (11.23%), Copper: 0.19mg (9.25%), Potassium: 281.18mg (8.03%), Vitamin C: 5.25mg (6.36%), Magnesium: 23.63mg (5.91%), Vitamin B6: 0.11mg (5.68%), Vitamin B2: 0.1mg (5.62%), Phosphorus: 53.31mg (5.33%), Vitamin B1: 0.08mg (5.15%), Folate: 17µg (4.25%), Vitamin E: 0.63mg (4.19%), Vitamin B3: 0.76mg (3.78%), Iron: 0.66mg (3.69%), Calcium: 28.25mg (2.82%), Selenium: 1.8µg (2.58%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.21mg (2.14%), Vitamin D: 0.23µg (1.52%)