



Apple and Prune Tart with Vanilla Ice Cream and Cognac

READY IN



45 min.

SERVINGS



6

CALORIES



542 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour
- ☐ 0.3 cup apricot preserves
- ☐ 0.3 cup brandy
- ☐ 3 tablespoons water ()
- ☐ 12 medium prune- cut to pieces pitted
- ☐ 24 ounce delicious apples cored peeled quartered cut into 3 wedges
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening frozen cut into 1/2-inch pieces

- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 6 servings whipped cream

Equipment

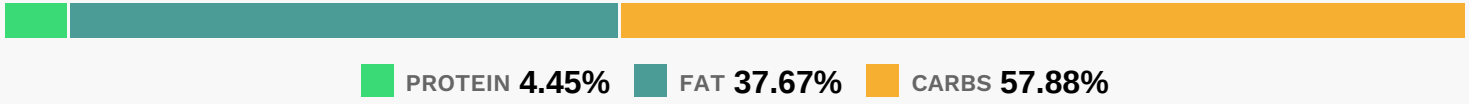
- ☐ bowl
- ☐ oven
- ☐ tart form

Directions

- ☐ Blend flour, sugar and salt in processor.
- ☐ Add shortening and butter and blend, using on/off turns, until coarse meal forms.
- ☐ Add 3 tablespoons ice water. Blend, using on/off turns, until moist clumps form, adding more water by 1/2 tablespoonfuls if dry. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 1 hour. (Can be made 1 day ahead. Keep chilled.)
- ☐ Let dough soften slightly at room temperature before rolling out.)
- ☐ Combine prunes and Cognac in small bowl. Cover; let stand 2 hours, stirring often.
- ☐ Drain prunes, reserving Cognac.
- ☐ Cut prunes in half; set aside.
- ☐ Roll out dough on lightly floured surface to 12-inch round.
- ☐ Transfer dough to 9-inch-diameter tart pan with removable bottom. Fold overhang in and press, forming double-thick sides; refrigerate crust 30 minutes.
- ☐ Preheat oven to 400°F.
- ☐ Mix apples, sugar and 2 tablespoons butter in large bowl. Arrange apple wedges, overlapping slightly, in concentric circles in crust.
- ☐ Bake tart until apples are just tender, about 1 hour. Tuck prunes into spaces between apples.
- ☐ Brush fruit with 1 tablespoon butter.
- ☐ Bake tart until apples are very tender and crust is golden brown, about 20 minutes longer.
- ☐ Transfer tart to rack and cool 15 minutes.
- ☐ Blend 1 tablespoon reserved Cognac into strained preserves for glaze.

- ☐
- Brush glaze over warm tart.
- ☐
- Cut tart into wedges.
- ☐
- Serve warm or at room temperature with ice cream, drizzling some of reserved Cognac over ice cream.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:35.22, Inflammation Score:-6, Nutrition Score:10.773478305858%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg 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: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 541.83kcal (27.09%), Fat: 22.04g (33.91%), Saturated Fat: 10.3g (64.4%), Carbohydrates: 76.21g (25.4%), Net Carbohydrates: 70.87g (25.77%), Sugar: 43.75g (48.61%), Cholesterol: 44.09mg (14.7%), Sodium: 254.27mg (11.06%), Alcohol: 4.45g (100%), Alcohol %: 2.03% (100%), Protein: 5.86g (11.72%), Fiber: 5.34g (21.35%), Vitamin B2: 0.36mg (21.17%), Vitamin K: 19.7µg (18.77%), Vitamin B1: 0.26mg (17.59%), Selenium: 10.38µg (14.83%), Manganese: 0.29mg (14.49%), Folate: 55.47µg (13.87%), Vitamin A: 690.43IU (13.81%), Phosphorus: 126.21mg (12.62%), Potassium: 436.64mg (12.48%), Calcium: 107.93mg (10.79%), Vitamin B3: 2.1mg (10.51%), Iron: 1.66mg (9.2%), Vitamin E: 1.2mg (8.02%), Vitamin C: 6.6mg (8%), Copper: 0.16mg (7.75%), Magnesium: 29.45mg (7.36%), Vitamin B5: 0.72mg (7.19%), Vitamin B6: 0.13mg (6.65%), Zinc: 0.79mg (5.27%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.24µg (1.58%)