



Apple Crostata

 Vegetarian

READY IN



55 min.

SERVINGS



1

CALORIES



3070 kcal

DESSERT

Ingredients

- 10 tablespoons butter
- 1 teaspoon cinnamon
- 2 tablespoons cup heavy whipping cream
- 0.5 cup crème fraîche
- 1 egg yolk
- 2 cups flour
- 4 to 5 granny smith apples cored peeled sliced into eighths
- 0.5 teaspoon salt

0.5 cup sugar

Equipment

bowl

frying pan

oven

blender

Directions

In a mixer with the paddle attachment, mix 8 tablespoons of the butter, flour, salt, and 2 tablespoons of the sugar until sandy. In a separate bowl, blend the egg yolk and the creme fraiche.

Add the blended egg yolk and creme fraiche to the flour mixture and mix until barely combined. Form into a disk and chill. Meanwhile toss the sliced apples with 1/2 cup of the sugar and cinnamon.

Roll out the dough to a 1/8-inch thickness on a floured surface and cut out 8-inch disks or 1 large round disk and place on a parchment lined sheet pan.

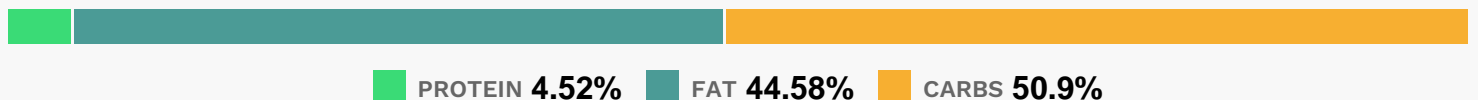
Place the apples in the center of the dough, leaving a 2-inch flap of dough around the edge. Fold over the flap onto the apples, forming a rustic, uneven rim around the crostada. (The apples should NOT be completely covered with the dough.) Dot with the remaining 2 tablespoons of butter.

Brush the edge with the cream and sprinkle with the remaining 2 tablespoons of sugar.

Bake in a preheated oven 350 for 25 to 35 minutes, until light golden brown and apples are tender.

Let cool.

Nutrition Facts



Properties

Glycemic Index:232.09, Glycemic Load:234.46, Inflammation Score:-10, Nutrition Score:53.972608939461%

Flavonoids

Cyanidin: 11.43mg, Cyanidin: 11.43mg, Cyanidin: 11.43mg, Cyanidin: 11.43mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 9.46mg, Catechin: 9.46mg, Catechin: 9.46mg, Catechin: 9.46mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 54.82mg, Epicatechin: 54.82mg, Epicatechin: 54.82mg, Epicatechin: 54.82mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 29.19mg, Quercetin: 29.19mg, Quercetin: 29.19mg, Quercetin: 29.19mg

Nutrients (% of daily need)

Calories: 3069.96kcal (153.5%), Fat: 155.48g (239.2%), Saturated Fat: 92.79g (579.95%), Carbohydrates: 399.36g (133.12%), Net Carbohydrates: 374.07g (136.03%), Sugar: 181.21g (201.35%), Cholesterol: 597.15mg (199.05%), Sodium: 2128.81mg (92.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.51g (71.02%), Selenium: 102.05µg (145.79%), Vitamin B1: 2.15mg (143.63%), Folate: 518.04µg (129.51%), Manganese: 2.34mg (116.95%), Vitamin B2: 1.84mg (108.02%), Vitamin A: 5314.63IU (106.29%), Fiber: 25.28g (101.14%), Vitamin B3: 15.64mg (78.19%), Iron: 13.33mg (74.05%), Phosphorus: 559.96mg (56%), Vitamin C: 34.78mg (42.16%), Vitamin E: 5.93mg (39.55%), Potassium: 1282.79mg (36.65%), Copper: 0.61mg (30.45%), Calcium: 295.71mg (29.57%), Vitamin K: 30µg (28.57%), Magnesium: 109.93mg (27.48%), Vitamin B5: 2.7mg (27.01%), Vitamin B6: 0.54mg (26.82%), Zinc: 3.08mg (20.55%), Vitamin B12: 0.88µg (14.64%), Vitamin D: 1.45µg (9.68%)