



Apple "Pizza"

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 1 puff pastry frozen thawed
- ☐ 1.5 lb delicious apples cored peeled halved lengthwise thinly sliced (3 medium)
- ☐ 0.1 teaspoon salt
- ☐ 3 oz cheddar cheese white extra-sharp grated
- ☐ 0.3 cup sugar
- ☐ 1.5 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Roll out pastry sheet into a 15- by 12-inch rectangle on a lightly floured surface with a floured rolling pin.
- ☐ Transfer to a baking sheet lined with parchment paper, then prick pastry all over with a fork.
- ☐ Sprinkle bread crumbs over pastry.
- ☐ Heat butter in a small saucepan over moderate heat, swirling pan, until golden brown, about 1 minute.
- ☐ Pour butter over apples in a bowl, then add sugar and salt and toss to coat.
- ☐ Spread apples evenly over pastry, leaving a 1-inch border on all sides. Fold in edges over apples, pressing down firmly on corners and sides.
- ☐ Bake until apples are tender, 35 to 40 minutes.
- ☐ Sprinkle cheese over apples and bake until cheese is golden and bubbling, 5 to 9 minutes more.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:20.02, Inflammation Score:-4, Nutrition Score:7.8630434300589%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg 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: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 412.14kcal (20.61%), Fat: 23.61g (36.33%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 41.63g (15.14%), Sugar: 20.67g (22.96%), Cholesterol: 21.7mg (7.23%), Sodium: 268.83mg (11.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Selenium: 14.82µg (21.17%), Vitamin B1: 0.22mg (14.55%), Fiber: 3.48g (13.94%), Manganese: 0.27mg (13.58%), Vitamin B2: 0.22mg (13.16%), Calcium: 118.16mg (11.82%), Phosphorus: 108.23mg (10.82%), Folate: 41.9µg (10.48%), Vitamin B3: 2.04mg (10.18%), Vitamin K: 9.87µg (9.4%), Iron: 1.37mg (7.61%), Vitamin C: 5.22mg (6.32%), Vitamin A: 291.14IU (5.82%), Zinc: 0.83mg (5.56%), Potassium: 164.71mg (4.71%), Copper: 0.09mg (4.58%), Magnesium: 17.53mg (4.38%), Vitamin E: 0.61mg (4.1%), Vitamin B6: 0.07mg (3.45%), Vitamin B12: 0.17µg (2.8%), Vitamin B5: 0.15mg (1.5%)