



Apple, rhubarb & custard tart

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



590 kcal

DESSERT

Ingredients

- ☐ 375 g puff pastry
- ☐ 250 g rhubarb cut into small pieces
- ☐ 300 g apples cored peeled cut into small pieces
- ☐ 2 tbsp sugar
- ☐ 1 orange juice
- ☐ 150 ml double cream
- ☐ 150 ml milk
- ☐ 1 vanilla pod halved

- ☐ 3 eggs
- ☐ 85 g sugar
- ☐ 1 orange zest

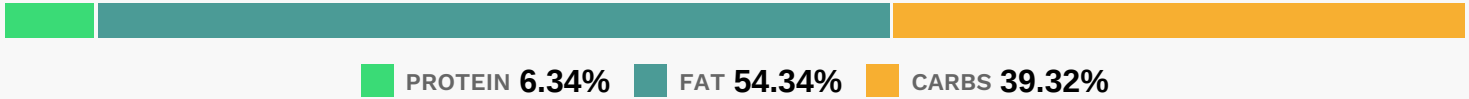
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Roll out the pastry to the thickness of 1 coin and use it to line a 23cm tart tin.
- ☐ Cut a round of baking paper bigger than the tin and place in the tin with baking beans on top.
- ☐ Bake blind for 15 mins, then remove the beans and bake for a further 10–15 mins until lightly golden.
- ☐ Remove the tart from the oven and turn the oven down to 160C/140C fan/gas
- ☐ While the tart is in the oven, prepare the filling. Gently heat the rhubarb, apple, caster sugar and orange juice in a small pan for 10 mins until fruit is soft, but still holding its shape. Once cooked, remove from the heat and leave to cool slightly while you make the custard.
- ☐ Heat the cream, milk and vanilla pod in a small pan and bring to the boil.
- ☐ Whisk the eggs and sugar in a separate bowl. When the cream mix has reached boiling point, pour this over the eggs while still whisking, then pour the mix through a sieve into a clean bowl or jug and add the orange zest.
- ☐ Once the tart case is cooked, scatter the fruit over the bottom of the case and pour the custard on top.
- ☐ Place the tart in the oven and cook for 30–35 mins until the custard is just set.
- ☐ Remove from the oven and leave to cool completely before cutting into slices.

Nutrition Facts



Properties

Glycemic Index:55.2, Glycemic Load:30.9, Inflammation Score:-6, Nutrition Score:12.646956630375%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 589.9kcal (29.5%), Fat: 36.18g (55.67%), Saturated Fat: 13.02g (81.36%), Carbohydrates: 58.9g (19.63%), Net Carbohydrates: 55.78g (20.28%), Sugar: 27.15g (30.16%), Cholesterol: 113.35mg (37.78%), Sodium: 205.96mg (8.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Selenium: 23.72µg (33.89%), Vitamin B2: 0.39mg (23.18%), Vitamin K: 24.33µg (23.17%), Manganese: 0.41mg (20.69%), Vitamin B1: 0.31mg (20.35%), Folate: 68.11µg (17.03%), Vitamin C: 13.5mg (16.37%), Vitamin B3: 2.89mg (14.47%), Phosphorus: 135.14mg (13.51%), Vitamin A: 628.79IU (12.58%), Fiber: 3.12g (12.48%), Iron: 2.21mg (12.26%), Calcium: 110.22mg (11.02%), Potassium: 329.15mg (9.4%), Vitamin D: 1.13µg (7.51%), Vitamin E: 1.02mg (6.83%), Magnesium: 26.53mg (6.63%), Vitamin B12: 0.38µg (6.25%), Copper: 0.12mg (5.99%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.85mg (5.7%), Vitamin B6: 0.11mg (5.65%)