



Apple Streusel Tart

READY IN



45 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

Ingredients

- 1 teaspoon five-spice powder chinese
- 0.5 teaspoon double-acting baking powder
- 1.5 cups cake flour (not self-rising)
- 3 tablespoons cream cheese cold cut into small pieces
- 0.5 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 6 cups granny smith apples cored peeled sliced
- 2 Tbsp ice water
- 2 teaspoons juice of lemon fresh

- 0.3 cup brown sugar light packed
- 0.5 cup brown sugar light packed
- 0.3 teaspoon salt
- 2 tablespoons butter unsalted cold cut into small pieces
- 3 tablespoons butter unsalted cold cut into small pieces

Equipment

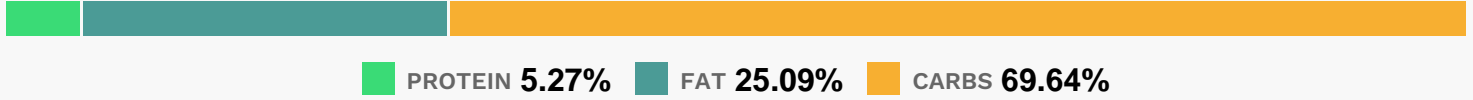
- food processor
- bowl
- frying pan
- oven
- mixing bowl
- wax paper
- tart form

Directions

- Preheat oven to 425F. Make pastry: Pulse cake flour, baking powder and salt in a food processor until blended.
- Add cream cheese and butter and pulse 15 times, or until mixture resembles coarse crumbs.
- Transfer to a mixing bowl. In a small bowl, stir together 2 Tbsp. ice water and lemon juice.
- Add to dry ingredients and mix with a fork just until moistened and dough begins to hold together, adding up to 1 Tbsp. water only if necessary. Dough will be dry and crumbly but should hold together when a small amount is pinched between your fingers. Gather dough into a ball and flatten into a 4-inch disk.
- Roll out pastry between 2 sheets of wax paper into a 12-inch round and transfer to a 10-inch fluted tart pan with a removable bottom, pressing gently into pan. Refrigerate.
- Combine brown sugar, flour, five-spice powder and salt in a large bowl.
- Add apples and toss to coat well.
- Spread apples evenly in tart shell.
- Make streusel topping: Stir flour, sugar and butter with a fork in a small bowl until crumbly.

- Sprinkle over apples.
- Bake until crust and topping are brown and apples are tender when pierced with a fork, 50 to 60 minutes.
- Let cool on a rack before serving.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:19.93, Inflammation Score:-4, Nutrition Score:5.8508695441744%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 339.57kcal (16.98%), Fat: 9.69g (14.91%), Saturated Fat: 5.7g (35.59%), Carbohydrates: 60.52g (20.17%), Net Carbohydrates: 57.37g (20.86%), Sugar: 32.32g (35.91%), Cholesterol: 24.3mg (8.1%), Sodium: 125.5mg (5.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Selenium: 13.45µg (19.21%), Manganese: 0.31mg (15.6%), Fiber: 3.15g (12.61%), Vitamin B1: 0.11mg (7.63%), Folate: 29.56µg (7.39%), Vitamin A: 344.41IU (6.89%), Iron: 1.16mg (6.43%), Vitamin B2: 0.1mg (6.08%), Phosphorus: 60.12mg (6.01%), Vitamin C: 4.9mg (5.94%), Calcium: 55.14mg (5.51%), Potassium: 182.43mg (5.21%), Copper: 0.1mg (5.02%), Vitamin B3: 0.94mg (4.71%), Magnesium: 16.44mg (4.11%), Vitamin E: 0.52mg (3.47%), Vitamin B6: 0.07mg (3.4%), Vitamin B5: 0.28mg (2.79%), Vitamin K: 2.89µg (2.75%), Zinc: 0.37mg (2.49%)