



Apple Streusel Tart with Honey Crust

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 3 cups apples packed grated () (4)
- ☐ 1 teaspoon cinnamon
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 large egg yolk
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 tablespoon water

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 0.5 teaspoon vanilla extract

Equipment

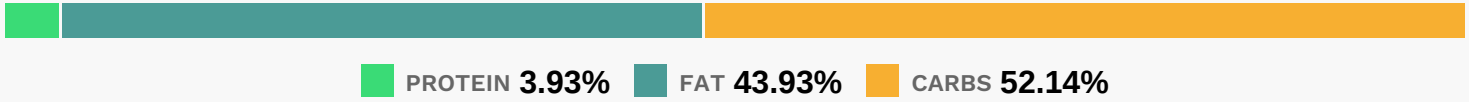
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Mix flour, sugar, cinnamon, and salt in processor.
- ☐ Add butter; using on/off turns, process until mixture resembles coarse meal.
- ☐ Whisk honey, yolks, and 1 tablespoon ice water in bowl.
- ☐ Add honey mixture to flour mixture; using on/off turns, process until clumps form. Gather dough into ball; flatten into disk. Wrap in plastic; chill 1 hour.
- ☐ Roll dough out on floured surface to 12-inch round.
- ☐ Transfer to 10-inch tart pan with removable bottom. Press dough onto bottom and up sides of pan. Fold overhang in; press to form double layer. Cover and chill 30 minutes or up to 1 day.
- ☐ Mix all ingredients in medium bowl. Using fingertips, rub in butter until pea-size clumps form. Refrigerate while preparing filling.
- ☐ Preheat oven to 350°F.
- ☐ Whisk first 4 ingredients in large bowl to blend.
- ☐ Add grated apples; stir to coat.
- ☐ Transfer to crust, spreading evenly.

- ☐ Sprinkle streusel over.
- ☐ Bake until streusel is golden and filling is bubbling, about 1 hour. Cool. (Can be made 8 hours ahead.
- ☐ Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:19.26, Inflammation Score:-4, Nutrition Score:4.7113043795461%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 256.85kcal (12.84%), Fat: 12.9g (19.85%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 32.66g (11.88%), Sugar: 20.03g (22.26%), Cholesterol: 76.4mg (25.47%), Sodium: 150.45mg (6.54%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 2.6g (5.19%), Selenium: 7.97µg (11.38%), Manganese: 0.19mg (9.54%), Folate: 37.66µg (9.42%), Vitamin B1: 0.14mg (9.34%), Vitamin A: 442.48IU (8.85%), Vitamin B2: 0.12mg (7.24%), Fiber: 1.79g (7.15%), Iron: 0.98mg (5.46%), Vitamin C: 4.16mg (5.04%), Vitamin B3: 1mg (4.98%), Phosphorus: 43.04mg (4.3%), Vitamin E: 0.55mg (3.64%), Vitamin D: 0.44µg (2.95%), Vitamin B5: 0.25mg (2.54%), Potassium: 86.77mg (2.48%), Copper: 0.05mg (2.39%), Vitamin B6: 0.05mg (2.34%), Vitamin K: 2.2µg (2.09%), Calcium: 18.78mg (1.88%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.11µg (1.78%), Magnesium: 7.02mg (1.76%)