



Apple Tart

READY IN



115 min.

SERVINGS



6

CALORIES



595 kcal

DESSERT

Ingredients

- 6 medium apples pitted peeled sliced
- 0.5 cup apricot preserves
- 0.5 cup butter room temperature (1 stick)
- 3 large egg yolks
- 0.3 cup flour all-purpose
- 1.3 cups flour all-purpose
- 6 servings mint leaves for garnish
- 1 tablespoon orange juice concentrate frozen
- 0.8 cup heavy whipping cream sour

- 2 tablespoons cup heavy whipping cream sour
- 0.8 cup sugar
- 6 servings non-dairy whipped topping for garnish

Equipment

- food processor
- frying pan
- baking sheet
- oven
- wire rack
- aluminum foil
- tart form
- pastry brush

Directions

- Preheat the oven to 375 degrees F.
- Place the flour, butter, and sour cream in a food processor and pulse to combine. When the dough has formed a ball, pat with lightly floured hands into the bottom and sides of an ungreased 10-inch tart pan with a removable bottom and 1/2-inch sides, or a round au gratin dish.
- Bake for about 18 minutes, until the crust is set but not browned.
- Let cool while preparing the filling.
- Lower the oven temperature to 350 degrees F.
- To make the filling: Peel and thickly slice the apples. Arrange the apple slices in overlapping circles on top of the crust, until it's completely covered. Overfill the crust, as apples will shrink during cooking.
- Combine the egg yolks, sour cream, sugar, and flour and beat until smooth.
- Pour the mixture over the apples.
- Place the tart pan on a baking sheet and bake for about 1 hour, until the custard sets and is pale golden in color. Cover with an aluminum foil tent if the crust gets too dark.

- Transfer the tart pan to a wire rack to cool. When cool, remove the side wall of the pan.
- Combine the preserves or jelly and orange juice.
- Spread with a pastry brush over the top of the warm tart.
- Serve the tart warm, at room temperature or chilled.
- Garnish with fresh mint.

Nutrition Facts

PROTEIN 4.15% **FAT 37.01%** **CARBS 58.84%**

Properties

Glycemic Index:50.35, Glycemic Load:41.35, Inflammation Score:-7, Nutrition Score:11.391739036726%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 594.63kcal (29.73%), Fat: 25.29g (38.9%), Saturated Fat: 14.46g (90.35%), Carbohydrates: 90.47g (30.16%), Net Carbohydrates: 85.1g (30.94%), Sugar: 55.49g (61.65%), Cholesterol: 151.88mg (50.63%), Sodium: 150.17mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Selenium: 17.42µg (24.88%), Fiber: 5.38g (21.5%), Vitamin B1: 0.31mg (20.48%), Folate: 80.96µg (20.24%), Vitamin A: 993.18IU (19.86%), Vitamin B2: 0.33mg (19.3%), Vitamin C: 14.29mg (17.33%), Manganese: 0.31mg (15.35%), Phosphorus: 122.5mg (12.25%), Iron: 2.1mg (11.66%), Vitamin B3: 2.11mg (10.53%), Potassium: 324.34mg (9.27%), Vitamin E: 1.19mg (7.95%), Calcium: 74.94mg (7.49%), Vitamin B6: 0.14mg (7.23%), Copper: 0.13mg (6.66%), Vitamin B5: 0.65mg (6.54%), Vitamin K: 6.13µg (5.83%), Magnesium: 22.82mg (5.7%), Vitamin B12: 0.28µg (4.59%), Zinc: 0.65mg (4.31%), Vitamin D: 0.46µg (3.06%)