



Apple Tart

 Vegetarian

READY IN



84 min.

SERVINGS



10

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 6 cups apples peeled thinly sliced
- ☐ 5 tablespoons butter chilled cut into small pieces
- ☐ 2.5 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 6 tablespoons granulated sugar divided
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 5 tablespoons ice water
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 3 tablespoons brown sugar light
- ☐ 0.1 teaspoon salt

Equipment

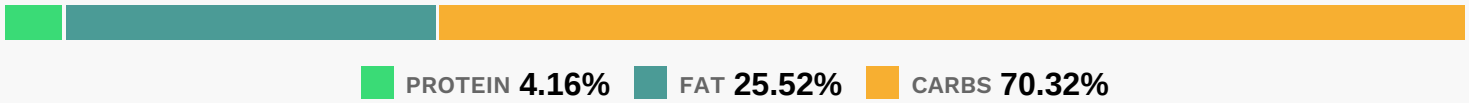
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 1 tablespoon granulated sugar, and salt in a bowl.
- ☐ Cut in butter with pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle with ice water, 1 tablespoon at a time; toss with a fork until moist. Press pastry into a 4-inch circle on plastic wrap; cover with another sheet of plastic wrap.
- ☐ Roll dough, still covered, into a 14-inch circle. Freeze 10 minutes or until wrap can be easily removed.
- ☐ Preheat oven to 42
- ☐ Toss apple slices with lemon juice.
- ☐ Combine brown sugar, cornstarch, cinnamon, and 3 tablespoons sugar in a bowl.
- ☐ Add apple slices, toss well.
- ☐ Unwrap pastry, and place on a baking sheet coated with cooking spray. Arrange apple slices over dough, leaving a 3-inch border.
- ☐ Sprinkle tops of apples with remaining 2 tablespoons sugar. Fold 3-inch border of dough over apples, pressing to seal.

Bake at 425 for 20 minutes. Reduce oven temperature to 350, and bake 40 minutes or until pastry is golden brown and apples are tender. Cool tart in pan 5 minutes.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:18.12, Inflammation Score:-3, Nutrition Score:4.1565217330404%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 206.8kcal (10.34%), Fat: 6.02g (9.25%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 34.95g (12.71%), Sugar: 18.56g (20.62%), Cholesterol: 15.05mg (5.02%), Sodium: 76.85mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Vitamin B1: 0.16mg (10.7%), Fiber: 2.35g (9.42%), Selenium: 6.57µg (9.39%), Folate: 37.01µg (9.25%), Manganese: 0.17mg (8.34%), Vitamin B2: 0.12mg (6.83%), Vitamin B3: 1.18mg (5.92%), Iron: 1.01mg (5.58%), Vitamin C: 3.84mg (4.65%), Vitamin A: 215.64IU (4.31%), Potassium: 108.24mg (3.09%), Phosphorus: 30.7mg (3.07%), Copper: 0.05mg (2.6%), Magnesium: 8.56mg (2.14%), Vitamin K: 2.21µg (2.11%), Vitamin E: 0.31mg (2.08%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.14mg (1.42%), Calcium: 12.9mg (1.29%), Zinc: 0.17mg (1.15%)