



## Apple Tart Tatin

 Vegetarian  Gluten Free

READY IN



170 min.

SERVINGS



10

CALORIES



460 kcal

DESSERT

### Ingredients

- 0.3 cup apple cider
- 6 apples such as golden delicious, granny smith, mcintosh or your favorite baking apple, peeled, cored and quartered
- 1 stick butter cut into pats
- 1 stick butter cut into pea size pieces
- 1 egg yolk
- 2 tablespoons ice water
- 0.5 juice of lemon juiced
- 1 lemon zest

- 10 servings mascarpone cheese mixed with 2 tablespoon sugar, for garnish
- 1 pinch salt
- 0.3 cup sugar
- 1 cup sugar
- 1 vanilla pod

## Equipment

- food processor
- frying pan
- baking sheet
- oven
- plastic wrap
- rolling pin
- pastry brush

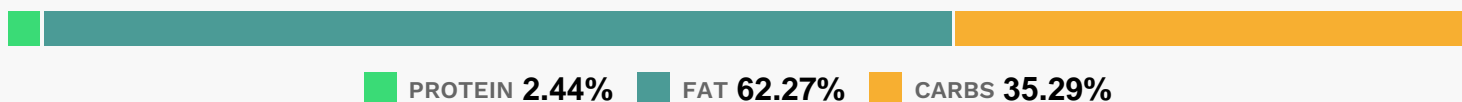
## Directions

- Watch how to make this recipe.
- To make the crust: In a food processor combine the butter, flour, sugar, salt and lemon zest. Pulse until it looks like finely grated Parmigiano.
- Add the egg yolk and 1 to 2 tablespoons of the water. Pulse, pulse, pulse until the mixture comes together. If it seems a bit dry add a little more water and pulse, pulse, pulse. The mixture should come together into a ball. Dump the whole thing out onto a clean lightly floured work surface. Knead the mixture 1 or 2 times only to make it a smooth ball. Using a rolling pin or your fingers roll or press the dough out to an even circle about 11 to 12 inches in diameter.
- Transfer to a cookie sheet lined with plastic wrap and refrigerate for at least 1 hour, or preferably overnight, covered with plastic wrap.
- Preheat the oven to 425 degrees F.
- To make the filling: While dough is chilling, place the sugar, apple cider, lemon juice, and vanilla bean seeds in a 10-inch nonstick ovenproof pan. Stir to combine. Over high heat bring the mixture to a boil brushing down the sides of the pan occasionally with a pastry brush dipped

in water, if necessary. After 6 to 7 minutes the mixture will eventually begin to turn light brown. Swish the pan around gently to promote even cooking. Cook the mixture for another minute or so until the mixture becomes a much deeper amber color.

- Remove from the heat and stir in the butter, 2 pats at a time. The mixture will bubble up. That is okay, just be VERY CAREFUL not to get any of this on you. When all of the butter has been incorporated, begin to arrange the apples rounded side down in circles. Try to do this neatly and in a pretty way. Remember, the bottom will be the top!
- Return the pan to the burner and cook over medium for 20 minutes.
- Remove from the heat.
- Retrieve the chilled pastry from the refrigerator and place it on top of the apples. Tuck the pastry in around the edges of the pan.
- Bake in the preheated oven for about 20 to 25 minutes or until the dough is golden brown and crispy.
- Let the tart cool for 10 to 15 minutes.
- Place a serving platter upside down on top of the pastry and CAREFULLY flip the platter and the pan over.
- Let the tart fall gently out of the pan.
- Slice tart into individual pieces and garnish with a dollop of sweetened mascarpone.

## Nutrition Facts



## Properties

Glycemic Index:31.29, Glycemic Load:21.71, Inflammation Score:-6, Nutrition Score:3.6404347652974%

## Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.5mg, Epicatechin: 8.5mg, Epicatechin: 8.5mg, Epicatechin: 8.5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

## **Nutrients (% of daily need)**

Calories: 460.37kcal (23.02%), Fat: 32.66g (50.25%), Saturated Fat: 20.22g (126.38%), Carbohydrates: 41.64g (13.88%), Net Carbohydrates: 38.94g (14.16%), Sugar: 36.96g (41.07%), Cholesterol: 98.03mg (32.68%), Sodium: 168.34mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin A: 1070.15IU (21.4%), Fiber: 2.7g (10.8%), Vitamin C: 6.43mg (7.79%), Calcium: 58.01mg (5.8%), Vitamin E: 0.77mg (5.14%), Potassium: 133.19mg (3.81%), Vitamin K: 4µg (3.81%), Vitamin B2: 0.05mg (3.06%), Vitamin B6: 0.05mg (2.73%), Phosphorus: 25.06mg (2.51%), Manganese: 0.04mg (2.24%), Selenium: 1.4µg (1.99%), Folate: 6.96µg (1.74%), Copper: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.65%), Magnesium: 6.51mg (1.63%), Vitamin B5: 0.15mg (1.52%), Vitamin B12: 0.07µg (1.23%), Iron: 0.21mg (1.17%)