



Apple Tart with Mustard Custard and Cheese Streusel

READY IN



45 min.

SERVINGS



10

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter
- ☐ 10 servings butter pastry
- ☐ 10 servings cheese streusel
- ☐ 1.5 teaspoons mustard dry
- ☐ 1 large eggs
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 tablespoons mustard prepared (see notes)
- ☐ 1.8 lb golden delicious apples peeled coarsely chopped

☐ 0.7 cup sugar

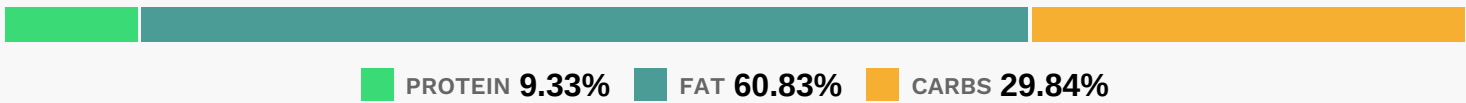
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In a 1- to 1 1/2-quart pan over medium heat, melt butter and stir often until golden brown, 5 to 7 minutes.
- ☐ Remove from heat.
- ☐ Meanwhile, in a bowl, with a mixer on medium speed, beat sugar, flour, and dry mustard until well blended. Beat in prepared mustard and egg.
- ☐ Add hot butter in a thin, steady stream, beating until mixture is cool, 2 to 3 minutes. Gently stir in apples.
- ☐ Spoon apple mixture into warm baked butter pastry and spread level.
- ☐ Sprinkle cheese streusel evenly over filling. Set tart on a foil-lined 12- by 15-inch baking sheet.
- ☐ Bake in a 350 regular or convection oven until streusel is golden brown, 45 to 55 minutes. If tart edges brown excessively, drape lightly with foil. Cool on a rack about 1 1/2 hours.
- ☐ Remove pan rim.
- ☐ Cut tart into wedges.

Nutrition Facts



Properties

Glycemic Index:28.61, Glycemic Load:13.45, Inflammation Score:-6, Nutrition Score:6.7456521210463%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 349.72kcal (17.49%), Fat: 24.27g (37.33%), Saturated Fat: 10.42g (65.12%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 24.66g (8.97%), Sugar: 21.75g (24.17%), Cholesterol: 59.35mg (19.78%), Sodium: 376.39mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Calcium: 227.37mg (22.74%), Vitamin A: 903.26IU (18.07%), Selenium: 12.43µg (17.76%), Phosphorus: 167.59mg (16.76%), Vitamin B2: 0.2mg (11.54%), Fiber: 2.12g (8.49%), Zinc: 1.25mg (8.36%), Vitamin B12: 0.38µg (6.37%), Vitamin E: 0.91mg (6.1%), Vitamin C: 3.71mg (4.49%), Magnesium: 16.07mg (4.02%), Folate: 15.42µg (3.86%), Potassium: 129.88mg (3.71%), Vitamin B6: 0.07mg (3.35%), Manganese: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.23%), Vitamin B5: 0.28mg (2.84%), Vitamin K: 2.9µg (2.76%), Iron: 0.4mg (2.23%), Copper: 0.04mg (2.14%), Vitamin D: 0.28µg (1.87%), Vitamin B3: 0.24mg (1.19%)