



## Apple Tart with Tossed Greens, Candied Walnuts and Sherry Vinaigrette

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



718 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar
- 1 cup candied spicy walnuts; 8
- 5.5 cups cherry tomatoes cut in 1/2
- 2 teaspoons chives chopped
- 1 eggs beaten
- 2 granny smith apples cored sliced thin
- 4 cups greens green red (such as romaine, radicchio, leaf and leaf lettuce)

- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 tablespoon orange juice
- 6 servings bell pepper
- 1 sheets puff pastry
- 1 tablespoon onion diced red
- 0.8 cup salad oil
- 6 servings salt
- 0.5 cup sherry vinegar

## Equipment

- bowl
- baking sheet
- paper towels
- oven
- salad spinner

## Directions

- Clean the greens and dry them with paper towels and/or a salad spinner to remove excess moisture.
- Preheat oven to 400 degrees F.
- Lay the pastry on a parchment lined baking sheet, and cut into 6 (4-inch) circles, removing the excess dough. In a small bowl toss the apple slices with cinnamon, nutmeg, brown sugar and juice.
- Brush the puff pastry with the egg wash and arrange the apple slices daisy-petal style on top of each circle.
- Bake for 12 to 15 minutes, remove to a rack and let cool.
- Place the vinegar, onion, chives, and oil in a container and shake to combine. Toss the greens, tomatoes and candied walnuts in the dressing to coat, and season with salt and pepper.
- Arrange the seasoned greens on top of the puff pastry and serve immediately.

# Nutrition Facts

PROTEIN 5.51% FAT 54.4% CARBS 40.09%

## Properties

Glycemic Index:62.5, Glycemic Load:23.3, Inflammation Score:-10, Nutrition Score:24.9660869474%

## Flavonoids

Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg, Cyanidin: 1.54mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

## Nutrients (% of daily need)

Calories: 717.84kcal (35.89%), Fat: 44.05g (67.77%), Saturated Fat: 8.4g (52.49%), Carbohydrates: 73.04g (24.35%), Net Carbohydrates: 66.52g (24.19%), Sugar: 28.5g (31.67%), Cholesterol: 0mg (0%), Sodium: 508.14mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.09%), Vitamin C: 131.82mg (159.78%), Vitamin A: 4453.11IU (89.06%), Vitamin K: 52.83µg (50.31%), Manganese: 0.72mg (36.04%), Folate: 125.94µg (31.49%), Selenium: 20.93µg (29.9%), Vitamin B1: 0.44mg (29.37%), Fiber: 6.52g (26.07%), Vitamin B3: 5mg (25.01%), Vitamin E: 3.5mg (23.36%), Iron: 4.19mg (23.26%), Vitamin B2: 0.36mg (20.96%), Vitamin B6: 0.39mg (19.65%), Potassium: 634.32mg (18.12%), Phosphorus: 121.86mg (12.19%), Copper: 0.24mg (11.99%), Magnesium: 42.02mg (10.5%), Calcium: 60.32mg (6.03%), Zinc: 0.89mg (5.94%), Vitamin B5: 0.5mg (4.97%)