



Apple Tarte Tatin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

DESSERT

Ingredients

- ☐ 4 big apples (Golden Delicious, Chantecler, Granny Smith)
- ☐ 6 servings apples
- ☐ 0.5 tsp double-acting baking powder
- ☐ 20 g butter
- ☐ 6 servings individually wrapped caramels
- ☐ 2 egg yolks
- ☐ 140 g flour
- ☐ 1 tbsp juice of lemon

- ☐ 6 servings syrup
- ☐ 100 g butter salted
- ☐ 1 pinch sea salt
- ☐ 80 g sugar
- ☐ 1 seeds from vanilla bean
- ☐ 20 g water

Equipment

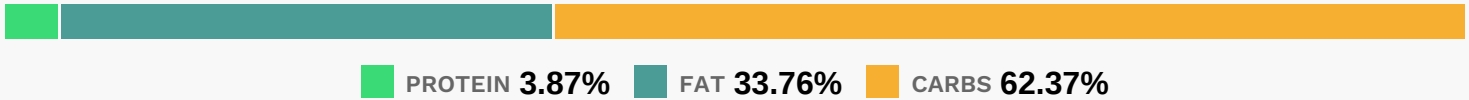
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ muffin tray
- ☐ silicone muffin tray

Directions

- ☐ Peel, core and thinly sliced with a mandolin. Set aside.Caramel: In a pan, cook the sugar with the water until lightly caramelised.
- ☐ Pour the caramel at the bottom of the silicone muffin pan, dividing it equally between the 6 moulds.Next, arrange the apple slices into the moulds and pack them tightly.Syrup: In a pan add all the ingredients of the syrup and bring to a boil.
- ☐ Pour this syrup over the apples, dividing it equally.
- ☐ Bake in a preheated oven at 160C for 1 hour.
- ☐ Whisk together the egg yolks and sugar until pale in colour. Next, beat the butter in until it forms a homogenous mixture.
- ☐ Mix together the flour and baking powder and fold it into the egg mixture.
- ☐ Roll the dough into a log of about 1.5 inches in diameter and wrap it in clingfilm. Refrigerate for a few hours, or overnight. To bake: cut the dough into 1/4th inch sliced. You can either bake it

- in a metal muffin pan if you have one (to prevent them from spreading) or bake them on a baking sheet lined with parchment paper. If you follow the second method like me, once the palets have baked, and still warm and slightly soft, you can cut them with a cookie cutter to the same diameter as that of the apples.To assemble, unmould the apples and top them over the Palet Bretons.
- ☐ Brush with the caramel syrup that remain in the mould.
 - ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:77.68, Glycemic Load:34, Inflammation Score:-6, Nutrition Score:8.6156521880108%

Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 13.84mg, Epicatechin: 13.84mg, Epicatechin: 13.84mg, Epicatechin: 13.84mg 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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 490.51kcal (24.53%), Fat: 19.33g (29.75%), Saturated Fat: 11.19g (69.94%), Carbohydrates: 80.37g (26.79%), Net Carbohydrates: 75.32g (27.39%), Sugar: 51.65g (57.38%), Cholesterol: 108.5mg (36.17%), Sodium: 220.61mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.96%), Fiber: 5.05g (20.2%), Selenium: 11.73µg (16.76%), Vitamin B1: 0.24mg (15.79%), Folate: 58.47µg (14.62%), Vitamin A: 689.94IU (13.8%), Vitamin B2: 0.23mg (13.53%), Vitamin C: 9.46mg (11.47%), Manganese: 0.23mg (11.44%), Phosphorus: 93.62mg (9.36%), Iron: 1.54mg (8.53%), Vitamin B3: 1.57mg (7.86%), Calcium: 77.78mg (7.78%), Potassium: 257.33mg (7.35%), Vitamin E: 1.01mg (6.76%), Vitamin B6: 0.11mg (5.7%), Vitamin K: 5.74µg (5.46%), Vitamin B5: 0.48mg (4.81%), Copper: 0.09mg (4.58%), Magnesium: 17.01mg (4.25%), Vitamin B12: 0.18µg (3.02%), Zinc: 0.44mg (2.93%), Vitamin D: 0.32µg (2.16%)