



Apple Tarts with Vanilla Ice Cream

READY IN



300 min.

SERVINGS



12

CALORIES



454 kcal

DESSERT

Ingredients

- ☐ 6 gala apples red (preferably ;)
- ☐ 17.3 oz puff pastry sheets frozen thawed
- ☐ 0.5 cup sugar
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 0.5 vanilla pod split
- ☐ 12 servings accompaniment: vanilla ice cream
- ☐ 0.5 cup water

Equipment

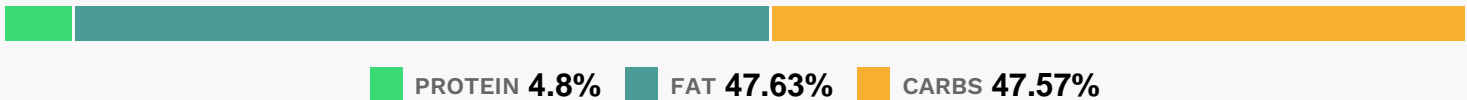
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ rolling pin

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 400°F. Line 2 large baking sheets with parchment paper.
- ☐ Peel apples, reserving skins. Stir together water and 6 tablespoons sugar in a 1-quart heavy saucepan, then scrape in seeds from vanilla bean and add pod.
- ☐ Add reserved apple skins and bring to a boil, stirring until sugar is dissolved.
- ☐ Remove from heat and let stand 10 minutes.
- ☐ Pour through a medium-mesh sieve into a bowl, pressing hard on and then discarding solids.
- ☐ Roll out 1 pastry sheet into a 10-inch square on a lightly floured surface with a lightly floured rolling pin, then cut in half and transfer to 1 of baking sheets. Repeat with remaining pastry sheet, transferring to second baking sheet.
- ☐ Halve apples lengthwise, then core with a melon-ball cutter or a small spoon and cut crosswise into very thin slices (1/8 inch thick or less), keeping apple halves intact. Fan apple slices slightly, keeping apple shape, then arrange 3 halves in a row on each piece of pastry, leaving a 2/3-inch border on all sides.
- ☐ Brush border lightly with syrup and fold over about 1/3 inch to touch edges of apples. Crimp edges with a fork, then brush apples and edges of pastry with syrup (reserve remaining syrup).
- ☐ Brush apples completely with melted butter, then sprinkle evenly with remaining 2 tablespoons sugar.
- ☐ Bake tarts in upper and lower thirds of oven 20 minutes, then switch position of sheets and reduce oven temperature to 375°F.
- ☐ Bake tarts until edges are golden, 15 to 20 minutes more. (If pastry edges aren't browning evenly, rotate tarts 180 degrees on sheets halfway through baking.)

- ☐ While tarts bake, boil remaining syrup over moderate heat until reduced to about 1/4 cup, 30 seconds to 1 minute.
- ☐ Let tarts stand 5 minutes, then brush warm apples with remaining syrup.
- ☐ •Tarts can be assembled (but not sprinkled with sugar or baked) 1 day ahead and chilled, covered.
- ☐ Sprinkle apples with sugar just before baking. •Tarts can be baked 4 hours ahead and kept, uncovered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:28.31, Inflammation Score:-4, Nutrition Score:7.7491304563439%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 453.61kcal (22.68%), Fat: 24.42g (37.57%), Saturated Fat: 9.34g (58.35%), Carbohydrates: 54.87g (18.29%), Net Carbohydrates: 51.61g (18.77%), Sugar: 32.08g (35.64%), Cholesterol: 32.8mg (10.93%), Sodium: 155.95mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Vitamin B2: 0.3mg (17.62%), Selenium: 11.12µg (15.88%), Vitamin B1: 0.2mg (13.65%), Fiber: 3.26g (13.03%), Manganese: 0.24mg (11.82%), Phosphorus: 104.18mg (10.42%), Calcium: 94.81mg (9.48%), Folate: 37.87µg (9.47%), Vitamin B3: 1.86mg (9.29%), Vitamin K: 8.88µg (8.46%), Vitamin A: 371.14IU (7.42%), Potassium: 254.16mg (7.26%), Iron: 1.22mg (6.76%), Vitamin C: 4.58mg (5.55%), Magnesium: 20.44mg (5.11%), Zinc: 0.71mg (4.74%), Copper: 0.09mg (4.43%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.26µg (4.34%), Vitamin E: 0.62mg (4.15%), Vitamin B6: 0.08mg (3.88%), Vitamin D: 0.16µg (1.06%)