

Apple Treacle Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



367 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 0.8 cup breadcrumbs made from bread fresh whole wheat crustless
- ☐ 1 tablespoon calvados (apple brandy)
- ☐ 8 ounce crème fraîche
- ☐ 2 large eggs
- ☐ 1.3 cups golden syrup
- ☐ 2 tablespoons heavy whipping cream
- ☐ 3 tablespoons ice water divided ()

- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 tablespoon blackstrap molasses light (mild-flavored)
- ☐ 1 pinch of salt
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups coarsely tart apples grated peeled (such as Granny Smith)
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

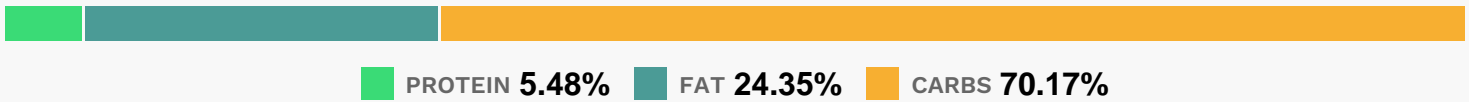
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour, sugar, and salt in processor 5 seconds.
- ☐ Add butter. Using on/off turns, cut in until very coarse meal forms.
- ☐ Add 3 tablespoons ice water. Blend until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic wrap and chill 1 hour. DO AHEAD: Dough can be made 1 day ahead. Keep chilled. Soften briefly at room temperature before rolling.
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough on lightly floured surface to 12- to 13-inch round.
- ☐ Transfer dough to 9-inch-diameter tart pan with removable bottom.
- ☐ Cut off all but 1/2 inch of overhang and fold in, pressing sides of dough to come 1/4 to 1/3 inch higher than pan sides. Freeze crust until firm, about 10 minutes.
- ☐ Line crust with foil and dried beans or pie weights.

- ☐ Bake until sides are set, about 25 minutes.
- ☐ Remove foil and beans. Continue to bake until crust is pale golden, piercing with fork if crust bubbles, 12 to 15 minutes longer. Cool 30 minutes.Reduce oven temperature to 350°F.
- ☐ Scatter breadcrumbs on small rimmed baking sheet.
- ☐ Bake until dry and crisp, about 10 minutes. Set aside.
- ☐ Combine golden syrup, eggs, whipping cream, lemon peel, molasses, and salt in large bowl; whisk to blend. Stir in apples and breadcrumbs.
- ☐ Pour filling into crust.
- ☐ Bake tart until filling is set in center and cracks appear at edges, about 55 minutes. Cool in pan on rack.
- ☐ Stir crème fraîche, sugar, and Calvados in small bowl to blend well. Cover mixture and refrigerate until ready to use, up to3 hours.
- ☐ Gently push up tart pan bottom to release tart.
- ☐ Serve tart slightly warm or at room temperature with a dollop of Calvados crème fraîche.
- ☐ * A type of cane syrup popular in Great Britain; available at some supermarkets and at specialty foods stores and Britishimport shops.** Available at most supermarkets and at specialty foods stores.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35.78, Glycemic Load:37.44, Inflammation Score:-3, Nutrition Score:6.561739185582%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 366.73kcal (18.34%), Fat: 9.85g (15.15%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 63.86g (21.29%), Net Carbohydrates: 62.22g (22.62%), Sugar: 43.83g (48.7%), Cholesterol: 58.65mg (19.55%), Sodium: 108mg (4.7%), Alcohol: 0.5g (100%), Alcohol %: 0.42% (100%), Protein: 4.99g (9.97%), Selenium: 14.03µg (20.04%), Manganese: 0.36mg (18.09%), Vitamin B1: 0.21mg (13.67%), Folate: 49.39µg (12.35%), Vitamin B2: 0.18mg (10.71%), Vitamin B3: 1.97mg (9.83%), Iron: 1.68mg (9.32%), Phosphorus: 66.14mg (6.61%), Fiber: 1.65g (6.58%), Vitamin A: 318.8IU (6.38%), Magnesium: 18.43mg (4.61%), Calcium: 41.44mg (4.14%), Vitamin B5: 0.41mg (4.14%), Copper: 0.08mg (3.8%), Vitamin B6: 0.07mg (3.35%), Potassium: 110.93mg (3.17%), Zinc: 0.47mg (3.13%), Vitamin E: 0.41mg (2.71%), Vitamin D: 0.37µg (2.49%), Vitamin C: 1.69mg (2.05%), Vitamin K: 2.04µg (1.95%), Vitamin B12: 0.11µg (1.8%)