



Apple Walnut Gorgonzola Rustic Tart

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 1 packaged for a tart (see all butter crust recipe (tart dough))
- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup gorgonzola cheese blue crumbled (or cheese)
- ☐ 1 tablespoon thyme leaves dried fresh chopped
- ☐ 2 Tbsp maple syrup
- ☐ 2 large granny smith apples good cored peeled chopped (or other cooking apples such as jonagold or fuji)
- ☐ 1 teaspoon juice of lemon

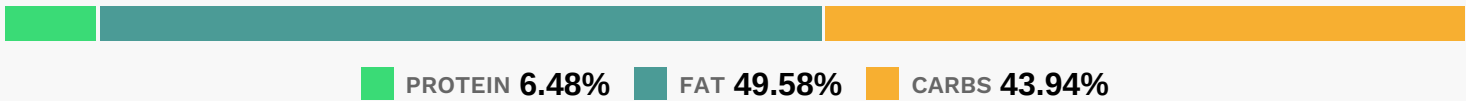
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Toss the walnuts, gorgonzola, thyme, chopped apples, and maple syrup together in a medium size bowl. As you are working with the apples (chopping them, mixing them in with the other ingredients), if you want, you can squeeze a little lemon juice on them to help keep them from discoloring.
- ☐ Cover the mixture with plastic wrap while you prepare the crust.
- ☐ Roll out the dough: Preheat oven to 350°F.
- ☐ Roll out pastry dough to 13-inches, at an 1/8 of an inch thickness.
- ☐ Place pastry dough on a rimmed baking sheet. (Rimmed because the pastry will leak butter during the cooking process.)
- ☐ Add filling, pleat dough around edge: Mound the filling in the middle of the rolled out dough, and spread out evenly to 1 1/2 inches to 2 inches from the edge of the dough.
- ☐ Pleat the edges of the dough over the filling.
- ☐ Bake at 350°F for 45 minutes to an hour, until crust is nicely browned. If at any time it looks like the walnuts are getting a little burnt, you can lightly tent a piece of aluminum foil over the center.
- ☐ Remove from oven and let cool for 10 minutes before serving. A pizza wheel works great for slicing up the tart.

Nutrition Facts



Properties

Glycemic Index:14.44, Glycemic Load:3.39, Inflammation Score:-6, Nutrition Score:5.6204347555404%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 201.41kcal (10.07%), Fat: 11.45g (17.62%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 20.3g (7.38%), Sugar: 9.03g (10.03%), Cholesterol: 2.65mg (0.88%), Sodium: 128.96mg (5.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Manganese: 0.52mg (25.89%), Vitamin K: 11.63µg (11.08%), Fiber: 2.55g (10.18%), Vitamin B2: 0.14mg (8.27%), Iron: 1.47mg (8.15%), Copper: 0.15mg (7.65%), Vitamin B1: 0.1mg (6.66%), Folate: 26.48µg (6.62%), Phosphorus: 61.45mg (6.15%), Magnesium: 20.53mg (5.13%), Calcium: 48.13mg (4.81%), Vitamin B6: 0.08mg (4.08%), Potassium: 137.52mg (3.93%), Vitamin B3: 0.77mg (3.86%), Vitamin C: 3.15mg (3.82%), Zinc: 0.5mg (3.36%), Selenium: 2.11µg (3.01%), Vitamin B5: 0.22mg (2.24%), Vitamin E: 0.3mg (1.98%), Vitamin A: 77.76IU (1.56%)