



Apricot Glazed Apple Tart

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



658 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 1 pinch salt
- 1.5 sticks butter unsalted cold
- 1 cup water
- 3.5 tablespoons sugar
- 4 large apples red such as golden delicious, peeled, cored and cut into 1/4-inch-thick slices
- 2 teaspoons cinnamon
- 2 tablespoons apricot preserves melted

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- wire rack
- rolling pin

Directions

- In a food processor, pulse 1 1/2 cups of the flour with the salt.
- Add the cold butter and process just until the butter is the size of peas, about 5 seconds.
- Sprinkle the ice water over the mixture and process just until moistened, about 5 seconds.
- Transfer the dough to a lightly floured work surface and knead 2 or 3 times, just until it comes together. Pat the dough into a disk. On a lightly floured work surface, roll out the dough into a 16- to 17-inch round about 1/4 inch thick.
- Line a large baking sheet with parchment paper.
- Roll the dough around the rolling pin and unroll it onto the prepared baking sheet.
- In a small bowl, combine 2 tablespoons of the sugar with the remaining 1 tablespoon of flour and sprinkle over the dough. Arrange the apple slices on top in overlapping concentric circles to within 3 inches of the edge. Fold the dough over the apples in a free-form fashion.
- Brush the apples with the melted butter and sprinkle with the remaining 1 1/2 tablespoons of sugar and cinnamon. Refrigerate the unbaked tart until slightly chilled, about 10 minutes.
- Preheat the oven to 40
- Bake the tart in the center of the oven for 1 hour, or until the apples are tender and golden and the crust is deep golden and cooked through.
- Brush the apples with the melted preserves. Slide the parchment onto a wire rack and let the tart cool slightly before serving.

Nutrition Facts



■ PROTEIN 3.48% ■ FAT 46.82% ■ CARBS 49.7%

Properties

Glycemic Index:45.52, Glycemic Load:41.36, Inflammation Score:-8, Nutrition Score:12.571739130435%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.82mg, Epicatechin: 16.82mg, Epicatechin: 16.82mg, Epicatechin: 16.82mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Taste

Sweetness: 100%, Saltiness: 5.71%, Sourness: 50.55%, Bitterness: 21.06%, Savoriness: 4.9%, Fattiness: 40.79%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 657.51kcal (32.88%), Fat: 35.27g (54.27%), Saturated Fat: 21.91g (136.92%), Carbohydrates: 84.27g (28.09%), Net Carbohydrates: 77.1g (28.03%), Sugar: 38.18g (42.43%), Cholesterol: 91.11mg (30.37%), Sodium: 24.68mg (1.07%), Protein: 5.89g (11.78%), Manganese: 0.58mg (28.93%), Fiber: 7.18g (28.71%), Vitamin B1: 0.41mg (27.21%), Vitamin A: 1202.82IU (24.06%), Selenium: 16.61µg (23.73%), Folate: 93.9µg (23.48%), Vitamin B2: 0.31mg (18.15%), Vitamin B3: 3.01mg (15.03%), Iron: 2.59mg (14.38%), Vitamin C: 11.18mg (13.55%), Vitamin E: 1.45mg (9.66%), Potassium: 311.16mg (8.89%), Phosphorus: 86.27mg (8.63%), Vitamin K: 8.32µg (7.93%), Copper: 0.16mg (7.9%), Magnesium: 23.9mg (5.98%), Vitamin B6: 0.12mg (5.85%), Calcium: 44.49mg (4.45%), Vitamin D: 0.64µg (4.24%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.49mg (3.25%), Vitamin B12: 0.07µg (1.2%)