



Caramel Apple Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 14 pieces werther's original baking caramels
- 3 medium granny smith apples cored peeled
- 0.3 teaspoon ground cinnamon
- 1 sheet ready-to-bake puff pastry frozen

Equipment

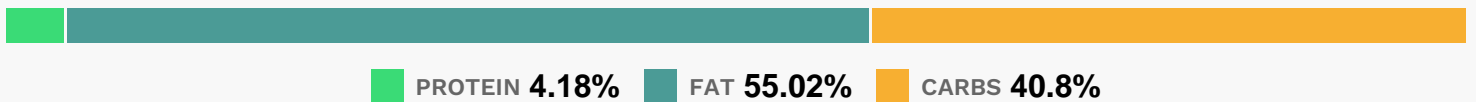
- frying pan
- baking paper

- oven
- rolling pin

Directions

- Preheat oven to 425 degrees.
- Lay the puff pastry on a parchment paper lined sheet pan. If the pastry has creases in it, roll a rolling pin over it to flatten it out slightly.
- Cut a large disk from the pastry (it will be about 9 – 10 inch in diameter) using a dinner plate for a pattern. Prick the surface all over with a fork, well.
- Bake for 15 to 20 minutes till golden brown on top. Set aside.
- Meanwhile, cut each apple into 8 wedges.
- Heat butter in a large skillet over medium heat.
- Add apples and cook, stirring occasionally 10 minutes or until apples begin to soften. Reduce heat to low and cook an additional 5 minutes or until apples are cooked through.
- Remove apples from skillet and set aside.
- Add the cinnamon and caramels to skillet and melt over low heat, stirring frequently for 5 minutes. Return apples to skillet and fold them into the melted caramel.
- Spoon the warm apple mixture over cooked pastry. Tart is best when served the same day.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:14.46, Inflammation Score:-3, Nutrition Score:5.3791304256605%

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: 314.89kcal (15.74%), Fat: 19.69g (30.29%), Saturated Fat: 6.42g (40.12%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 30g (10.91%), Sugar: 11.3g (12.55%), Cholesterol: 10.2mg (3.4%), Sodium: 138.32mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Selenium: 9.97µg (14.25%), Manganese: 0.25mg (12.3%), Vitamin B1: 0.18mg (12.04%), Fiber: 2.84g (11.36%), Vitamin B3: 1.79mg (8.96%), Folate: 34.82µg (8.7%), Vitamin B2: 0.15mg (8.64%), Vitamin K: 8.97µg (8.54%), Iron: 1.17mg (6.48%), Vitamin C: 4.2mg (5.09%), Phosphorus: 38.34mg (3.83%), Potassium: 128.75mg (3.68%), Copper: 0.07mg (3.59%), Vitamin E: 0.51mg (3.37%), Vitamin A: 167.39IU (3.35%), Magnesium: 11.62mg (2.91%), Vitamin B6: 0.05mg (2.37%), Zinc: 0.27mg (1.79%), Calcium: 14.72mg (1.47%)