



## Caramel-Apple Tartlets with Cinnamon-Rum Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 tablespoons all purpose flour
- ☐ 0.5 teaspoon cornstarch
- ☐ 6 tablespoons brown sugar dark packed ()
- ☐ 1 large eggs
- ☐ 0.3 teaspoon fleur del sel fine
- ☐ 0.5 cup brown sugar packed ()
- ☐ 2 pounds granny smith apples cored peeled cut into 3/4-inch pieces

- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.3 cup pecans toasted
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons butter unsalted ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 teaspoon irish whiskey

## Equipment

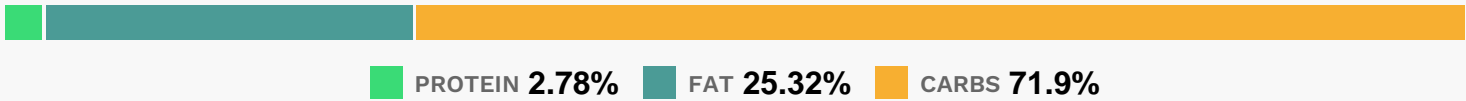
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ pastry brush

## Directions

- ☐ Using electric mixer, beat butter and sugar in medium bowl until blended. Beat in egg.
- ☐ Add flour and salt and beat just until incorporated. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Divide dough into 6 equal pieces. Gather each piece into ball, then flatten each slightly.
- ☐ Roll out each dough piece on lightly floured surface to 4- to 4 1/2-inch round. Press 1 dough round onto bottom and upsides of 4 1/2-inch-diameter tartlet pan with removable bottom. Pierce crust all over with fork. Repeat with remaining dough rounds. Freeze crusts 30 minutes.

- ☐ Preheat oven to 375°F.
- ☐ Bake crusts until golden brown and baked through, about 30 minutes. Cool crusts in pans on rack. DO AHEAD: Can be made 1 day ahead. Store airtight in pans at room temperature.
- ☐ Combine sugar and 1/4 cup water in heavy medium saucepan. Stir over medium-low heat until sugar dissolves. Increase heat and boil without stirring until syrup is deep amber, occasionally brushing down pan sides with wet pastry brush and swirling pan, about 6 minutes.
- ☐ Remove pan from heat.
- ☐ Add cream, then butter and salt (mixture will bubble vigorously). Stir until any caramel bits dissolve and sauce is smooth. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm over medium-low heat until just pourable before using. crumb topping / Blend flour, brown sugar, and salt in processor.
- ☐ Add pecans and blend until coarsely chopped.
- ☐ Add butter and process just until small moist clumps form. DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm over medium-low heat until just pourable before using.
- ☐ Blend flour, brown sugar, and salt in processor.
- ☐ Add pecans and blend until coarsely chopped.
- ☐ Add butter and process just until small moist clumps form. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Whisk brown sugar and cornstarch in bowl to blend. Melt butter in large nonstick skillet over medium heat.
- ☐ Add apple pieces and sauté until almost tender, about 10 minutes.
- ☐ Add brown sugar mixture; stir until sugar dissolves, then add next 3 ingredients. Simmer until juices are bubbling and slightly thickened, about 5 minutes.
- ☐ Remove from heat. Cool completely.
- ☐ Preheat oven to 375°F. Arrange tartlet pans with crusts on rimmed baking sheet. Spoon 1 1/2 tablespoons caramel sauce into each tartlet crust. Divide cooled apple filling among crusts.
- ☐ Sprinkle crumb topping evenly over each.
- ☐ Bake until apple filling is bubbling and topping is crisp and golden, 25 to 30 minutes (juices may bubble over rims of pans). Cool 5 minutes, then carefully loosen tartlets from sides of pans with small sharp knife and remove pan sides. Cool tartlets 10 minutes, then place 1 warm tartlet on each of 6 plates.
- ☐ Place scoop of cinnamon ice cream alongside each and serve.

# Nutrition Facts



## Properties

Glycemic Index:34.52, Glycemic Load:25.2, Inflammation Score:-4, Nutrition Score:6.6860869604608%

## Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 11.43mg, Epicatechin: 11.43mg, Epicatechin: 11.43mg, Epicatechin: 11.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

## Nutrients (% of daily need)

Calories: 428.68kcal (21.43%), Fat: 12.52g (19.27%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 80.03g (26.68%), Net Carbohydrates: 75.53g (27.47%), Sugar: 67.98g (75.53%), Cholesterol: 52.24mg (17.41%), Sodium: 219.78mg (9.56%), Alcohol: 0.47g (100%), Alcohol %: 0.24% (100%), Protein: 3.09g (6.18%), Manganese: 0.42mg (21.02%), Fiber: 4.49g (17.97%), Selenium: 6.16µg (8.81%), Vitamin B2: 0.15mg (8.63%), Vitamin C: 7.08mg (8.59%), Vitamin B1: 0.13mg (8.44%), Vitamin A: 392.86IU (7.86%), Potassium: 257.3mg (7.35%), Copper: 0.14mg (7.23%), Phosphorus: 64.79mg (6.48%), Folate: 24.24µg (6.06%), Iron: 1.08mg (5.98%), Calcium: 54.77mg (5.48%), Vitamin B6: 0.11mg (5.38%), Magnesium: 20.72mg (5.18%), Vitamin E: 0.65mg (4.31%), Vitamin K: 4.29µg (4.08%), Vitamin B5: 0.37mg (3.72%), Vitamin B3: 0.7mg (3.5%), Zinc: 0.52mg (3.44%), Vitamin D: 0.4µg (2.64%), Vitamin B12: 0.1µg (1.63%)