



## Classic Tarte Tatin Recipe

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



576 kcal

DESSERT

### Ingredients

- 6 large apples cored peeled quartered (such as Granny Smith or Golden Delicious)
- 6 tablespoons butter cut into 1-inch pieces
- 6 juice of lemon
- 1 sheet puff pastry thawed store-bought
- 1 pinch sea salt
- 1 cup sugar

### Equipment

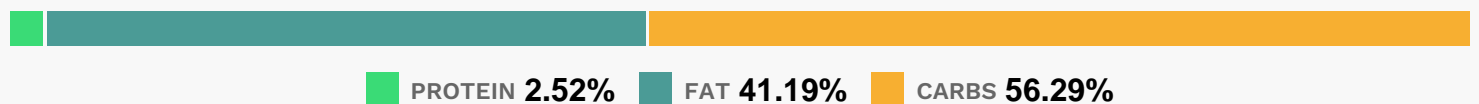
- frying pan

- oven
- whisk
- candy thermometer

## Directions

- Heat the oven to 375 F.
- Sprinkle the lemon juice evenly onto the apples to prevent them from discoloring.
- Place sugar in a cast-iron skillet and melt over medium heat. Uncover and cook, stirring occasionally until the sugar is a light butterscotch color and its temperature reaches 320 degrees (measure with a candy thermometer). Turn off the heat. The temperature will continue to rise. Once the temperature reaches 350 degrees, whisk in the butter, 1 piece at a time. Make sure each piece is incorporated before adding the next, then add the salt. Cover the caramel with the apple slices, starting in the center and overlapping in a spiraling. Turn the heat back on and cook for 15 minutes. Stir to make sure the apples are cooking evenly, but be sure to return the pieces to the original configuration. Cover the pan with the puff pastry. Tuck in the edges around the apples and prick the pastry with a fork.
- Bake until the edges are deep amber in color and the pastry is puffed and golden, 40 to 45 minutes.
- Remove from the oven and cool for 10 minutes before inverting onto a plate larger than the pan.

## Nutrition Facts



## Properties

Glycemic Index:34.68, Glycemic Load:41.38, Inflammation Score:-6, Nutrition Score:8.6134781850421%

## 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: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg, Epicatechin: 16.79mg 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 Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg  
Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin:  
0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin:  
0.27mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg,  
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin:  
9.05mg, Quercetin: 9.05mg

## **Nutrients (% of daily need)**

Calories: 576.27kcal (28.81%), Fat: 27.47g (42.26%), Saturated Fat: 11.21g (70.05%), Carbohydrates: 84.47g (28.16%),  
Net Carbohydrates: 78.41g (28.51%), Sugar: 57.53g (63.92%), Cholesterol: 30.1mg (10.03%), Sodium: 201.02mg  
(8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Vitamin C: 21.87mg (26.51%), Fiber:  
6.05g (24.22%), Selenium: 10.25µg (14.65%), Manganese: 0.28mg (14.11%), Vitamin B1: 0.21mg (13.89%), Vitamin K:  
12.46µg (11.87%), Folate: 44.96µg (11.24%), Vitamin B2: 0.19mg (11.13%), Vitamin B3: 1.94mg (9.69%), Vitamin A:  
472.49IU (9.45%), Potassium: 298.45mg (8.53%), Iron: 1.36mg (7.54%), Vitamin E: 0.99mg (6.61%), Vitamin B6:  
0.11mg (5.71%), Copper: 0.11mg (5.69%), Phosphorus: 54.79mg (5.48%), Magnesium: 19.76mg (4.94%), Calcium:  
22.96mg (2.3%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.19mg (1.91%)