



Columbia Gorge Hotel Apple Tart

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



534 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup calvados
- ☐ 1 tablespoon eggs beaten
- ☐ 1 sheet puff pastry frozen thawed ()
- ☐ 2 cups sugar
- ☐ 1.5 cups whipped cream
- ☐ 2 pounds newtown pippin

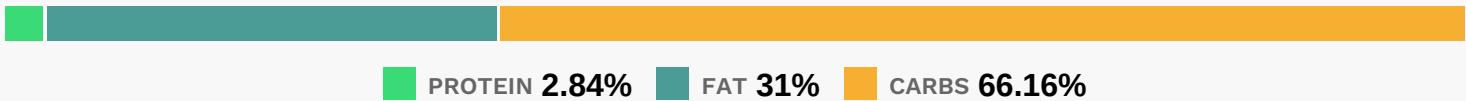
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Peel, core, and cut apples into 1-inch-thick wedges to make about 6 cups.
- ☐ Select a frying pan, with an ovenproof handle, that measures 10 inches across the top and holds 2 1/2 to 2 3/4 quarts. In pan, mix sugar and 3/4 cup water, then add apples and butter. Cook over high heat, shaking pan often, until sugar melts, then boil until apples begin to caramelize, 20 to 25 minutes.
- ☐ On a lightly floured board, roll pastry into a 10-inch-wide round, trimming edges to make even.
- ☐ Lay pastry over apples in pan and brush lightly with beaten egg.
- ☐ Bake apple tart in a 375 oven until crust is deep golden brown and juices bubble around the edge, 15 to 20 minutes.
- ☐ Invert a rimmed serving plate over tart. Holding pan and plate together, turn dessert over. Lift off pan and fit any apples that are stuck to pan back onto dessert.
- ☐ Cut tart into wedges and transfer to dessert plates.
- ☐ Add ice cream.
- ☐ Pour Calvados into frying pan over medium heat. When hot, ignite Calvados (away from flammable surfaces or vent) and spoon flaming brandy over servings.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:49.98, Inflammation Score:-4, Nutrition Score:5.9026087081951%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg,
Epigallocatechin 3–gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg
Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin:
4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 533.9kcal (26.7%), Fat: 17.74g (27.29%), Saturated Fat: 5.31g (33.17%), Carbohydrates: 85.15g (28.38%),
Net Carbohydrates: 81.79g (29.74%), Sugar: 67.17g (74.64%), Cholesterol: 17.77mg (5.92%), Sodium: 133.47mg
(5.8%), Alcohol: 5.01g (100%), Alcohol %: 2.66% (100%), Protein: 3.66g (7.32%), Fiber: 3.35g (13.42%), Selenium:
8.72µg (12.46%), Vitamin B2: 0.2mg (11.49%), Vitamin B1: 0.15mg (10.22%), Manganese: 0.2mg (9.82%), Folate:
29.43µg (7.36%), Vitamin K: 7.51µg (7.15%), Vitamin B3: 1.41mg (7.06%), Vitamin C: 5.37mg (6.51%), Phosphorus:
61.9mg (6.19%), Vitamin A: 300.91IU (6.02%), Iron: 1.01mg (5.59%), Potassium: 194.59mg (5.56%), Calcium: 44.13mg
(4.41%), Copper: 0.08mg (3.96%), Vitamin E: 0.57mg (3.81%), Magnesium: 14.36mg (3.59%), Vitamin B6: 0.07mg
(3.42%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.24mg (2.44%), Vitamin B12: 0.12µg (1.94%)