



Easy Apple Tart With Ol' South Custard

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



861 kcal

DESSERT

Ingredients

- ☐ 7 lb braeburn apple
- ☐ 8 servings custard sauce
- ☐ 17.3 oz puff pastry frozen thawed
- ☐ 1.5 cups sugar

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Peel and core apples; cut in half lengthwise. Toss together apples and sugar; place in a 12-inch cast-iron or ovenproof skillet.
- ☐ Cook over medium-high heat, stirring often, 20 to 30 minutes or until apples soften and start to caramelize.
- ☐ Unfold and stack pastry sheets on top of each other on a lightly floured surface.
- ☐ Roll to a 12-inch square.
- ☐ Place on top of cooked apples, with pastry corners overlapping sides of skillet.
- ☐ Bake at 450 for 10 to 12 minutes or until dark golden brown.
- ☐ Cool on a wire rack 10 to 15 minutes. Carefully invert tart onto a serving plate; remove skillet.
- ☐ Cut tart into wedges, and serve with Ol' South Custard.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:64.71, Inflammation Score:-7, Nutrition Score:18.090869343799%

Flavonoids

Cyanidin: 6.23mg, Cyanidin: 6.23mg, Cyanidin: 6.23mg, Cyanidin: 6.23mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg, Catechin: 5.16mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg Epicatechin: 29.89mg, Epicatechin: 29.89mg, Epicatechin: 29.89mg, Epicatechin: 29.89mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg, Quercetin: 15.92mg

Nutrients (% of daily need)

Calories: 860.57kcal (43.03%), Fat: 29.79g (45.83%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 144.59g (48.2%), Net Carbohydrates: 134.14g (48.78%), Sugar: 85.95g (95.5%), Cholesterol: 71.91mg (23.97%), Sodium: 275.44mg (11.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.27%), Fiber: 10.44g (41.78%), Vitamin B2: 0.59mg (34.94%), Selenium: 23.52µg (33.6%), Vitamin B1: 0.4mg (26.5%), Phosphorus: 263.74mg

(26.37%), Calcium: 226.31mg (22.63%), Manganese: 0.45mg (22.47%), Vitamin C: 18.4mg (22.3%), Potassium: 754.69mg (21.56%), Folate: 72.42µg (18.1%), Vitamin K: 18.88µg (17.98%), Vitamin B3: 3.1mg (15.51%), Iron: 2.54mg (14.13%), Vitamin B6: 0.27mg (13.29%), Magnesium: 52.21mg (13.05%), Vitamin B5: 1.23mg (12.28%), Vitamin B12: 0.73µg (12.22%), Vitamin D: 1.69µg (11.28%), Copper: 0.22mg (11.1%), Vitamin A: 471.56IU (9.43%), Zinc: 1.21mg (8.04%), Vitamin E: 1.13mg (7.53%)