



Flat apple & vanilla tart



Vegetarian



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 375 g pack puff pastry
- ☐ 5 large eating apples – cox's
- ☐ 1 juice of lemon
- ☐ 25 g butter cut into small pieces
- ☐ 3 tsp vanilla sugar
- ☐ 1 tbsp caster sugar
- ☐ 3 tbsp apricot conserve

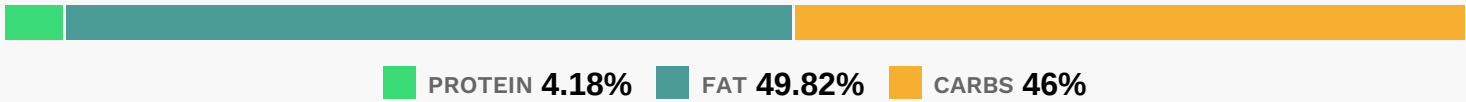
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Roll out the pastry and trim to a round about 35cm across.
- ☐ Transfer to a baking sheet lined with parchment paper.
- ☐ Peel, core and thinly slice the apples and toss in the lemon juice.
- ☐ Spread over the pastry to within 2cm of the edges. Curl up the edges slightly to stop the juices running off.
- ☐ Dot the top with the butter and sprinkle with vanilla and caster sugar.
- ☐ Bake for 15–20 mins until the apples are tender and the pastry crisp.
- ☐ Warm the conserve and brush over the apples and pastry edge.
- ☐ Serve hot with vanilla ice cream or crme frache.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:23.72, Inflammation Score:-5, Nutrition Score:9.1686956464596%

Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 14.34mg, Epicatechin: 14.34mg, Epicatechin: 14.34mg, Epicatechin: 14.34mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin:

7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 489.28kcal (24.46%), Fat: 27.56g (42.39%), Saturated Fat: 8.22g (51.4%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 51.7g (18.8%), Sugar: 22.86g (25.4%), Cholesterol: 8.96mg (2.99%), Sodium: 184.61mg (8.03%), Alcohol: 0.72g (100%), Alcohol %: 0.34% (100%), Protein: 5.2g (10.41%), Fiber: 5.56g (22.24%), Selenium: 15.19µg (21.7%), Manganese: 0.38mg (19.06%), Vitamin B1: 0.28mg (18.95%), Vitamin B3: 2.83mg (14.17%), Folate: 56.12µg (14.03%), Vitamin K: 14.69µg (13.99%), Vitamin B2: 0.23mg (13.69%), Vitamin C: 11.22mg (13.6%), Iron: 1.86mg (10.33%), Potassium: 265.4mg (7.58%), Vitamin A: 347.73IU (6.95%), Copper: 0.13mg (6.48%), Phosphorus: 61.17mg (6.12%), Vitamin E: 0.84mg (5.61%), Magnesium: 20.67mg (5.17%), Vitamin B6: 0.1mg (4.81%), Zinc: 0.43mg (2.86%), Calcium: 19.91mg (1.99%), Vitamin B5: 0.14mg (1.43%)