



Free-Form Harvest Apple Tart

READY IN



115 min.

SERVINGS



55

CALORIES



54 kcal

Ingredients

- 0.3 cup planters almonds sliced
- 0.5 cup butter softened
- 1 tsp cornstarch
- 8 oz philadelphia cream cheese divided
- 1.5 cups flour
- 0.5 tsp ground cinnamon
- 3 oz jell-o lemon flavor gelatin divided
- 0.8 lb golden delicious apples peeled thinly sliced

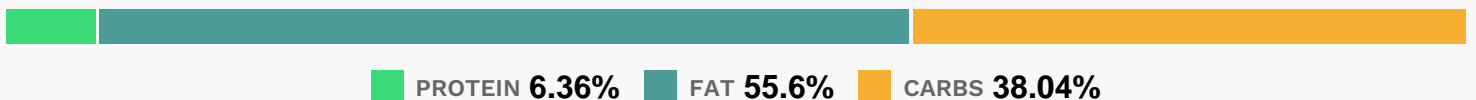
Equipment

- food processor
- bowl
- baking sheet
- oven
- plastic wrap
- microwave

Directions

- Use pulsing action to process flour, butter and half the cream cheese in food processor until mixture is blended and dough starts to pull away from side of container. Shape into ball; wrap tightly with plastic wrap. Refrigerate 1 hour or until chilled.
- Heat oven to 400F.
- Roll dough on lightly floured surface to 14x8-inch rectangle.
- Place on parchment-covered baking sheet; set aside.
- Place remaining cream cheese in medium microwaveable bowl. Microwave on HIGH 10 sec. or just until softened.
- Add half the dry gelatin mix; stir until blended.
- Spread onto dough to within 2 inches of edges.
- Toss apples with cornstarch, cinnamon and remaining dry gelatin mix; spoon over cream cheese mixture. Fold edges of pastry over apples. (Apples in center of tart will remain exposed.)
- Sprinkle with nuts.
- Bake 35 min. or until crust is golden brown and apples are tender. Cool.

Nutrition Facts



Properties

Glycemic Index:3.62, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:1.0526086875926%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 54.17kcal (2.71%), Fat: 3.41g (5.25%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.93g (1.79%), Sugar: 2.16g (2.4%), Cholesterol: 8.6mg (2.87%), Sodium: 33.56mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Selenium: 1.66µg (2.37%), Vitamin A: 110.37IU (2.21%), Manganese: 0.04mg (2.15%), Vitamin B2: 0.04mg (2.1%), Vitamin B1: 0.03mg (2%), Folate: 7.15µg (1.79%), Vitamin E: 0.24mg (1.6%), Phosphorus: 14.15mg (1.42%), Fiber: 0.32g (1.29%), Vitamin B3: 0.23mg (1.16%), Iron: 0.2mg (1.09%)