



French Apple Tart

READY IN



65 min.

SERVINGS



10

CALORIES



417 kcal

DESSERT

Ingredients

- 0.5 cup apricot preserves
- 2 ounces butter cold sliced thin ()
- 1 sheet puff pastry thawed store-bought
- 6 golden delicious apples cored peeled halved sliced
- 0.3 cup sugar
- 10 servings whipped cream

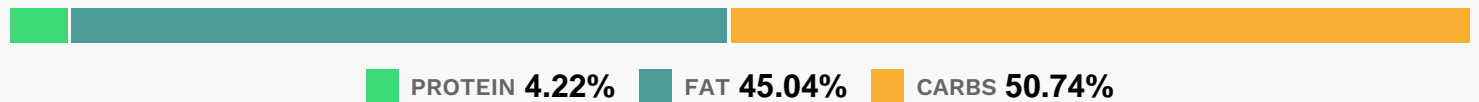
Equipment

- oven

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- On a lightly floured surface roll out dough into a 13-inch round and fit it into a 10-inch tart tin with a removable fluted rim, trimming the excess. Arrange the apples decoratively on the pastry shell, overlapping them.
- Sprinkle the sugar on top of the apples, top with butter slices and bake in the middle of the oven for 45 minutes or until the crust is cooked through and the apples are golden.
- Brush with the heated apricot jam while the tart is still hot.
- Serve each portion with a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:26.91, Glycemic Load:22.68, Inflammation Score:-5, Nutrition Score:6.9160869795343%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.26mg, Epicatechin: 8.26mg, Epicatechin: 8.26mg, Epicatechin: 8.26mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 416.93kcal (20.85%), Fat: 21.42g (32.95%), Saturated Fat: 9.79g (61.19%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 50.81g (18.48%), Sugar: 35.66g (39.62%), Cholesterol: 41.23mg (13.74%), Sodium: 156.14mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Vitamin B2: 0.26mg (15.39%), Fiber: 3.49g (13.94%), Selenium: 7.44µg (10.63%), Vitamin A: 503.01IU (10.06%), Phosphorus: 97.73mg (9.77%), Calcium: 97.26mg (9.73%), Vitamin B1: 0.14mg (9.56%), Manganese: 0.17mg (8.4%), Vitamin C: 6.46mg (7.83%), Potassium: 273.7mg (7.82%), Vitamin K: 6.94µg (6.61%), Folate: 25.97µg (6.49%), Vitamin B3: 1.2mg (6.02%), Iron: 0.88mg

(4.88%), Magnesium: 19.21mg (4.8%), Vitamin B5: 0.46mg (4.59%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.27µg (4.45%), Zinc: 0.64mg (4.28%), Copper: 0.08mg (4.24%), Vitamin B6: 0.08mg (4.21%)