



French Apple Tart

READY IN



55 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons apple jelly divided melted
- ☐ 3 tablespoons brown sugar packed
- ☐ 8 teaspoons crème fraîche
- ☐ 1.5 pounds apples i use 2 granny smith apples peeled thinly sliced
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 14.1 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 1 vanilla pod split

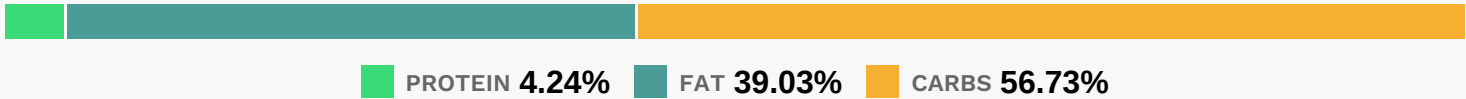
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pizza pan

Directions

- ☐ Preheat oven to 42
- ☐ Roll dough to a 12-inch circle; place on a 12-inch pizza pan.
- ☐ Brush dough with 1 tablespoon jelly.
- ☐ Place pan in freezer for 5 minutes.
- ☐ Scrape seeds from vanilla bean.
- ☐ Combine seeds, brown sugar, and nutmeg in a small bowl, stirring with a whisk.
- ☐ Sprinkle 1 tablespoon sugar mixture over dough. Arrange apple slices in concentric circles on prepared crust.
- ☐ Sprinkle apples with the remaining sugar mixture.
- ☐ Bake at 425 for 35 minutes or until apples are tender and crust is golden brown.
- ☐ Brush remaining 2 tablespoons jelly over hot tart.
- ☐ Cut into 8 wedges; top each wedge with 1 teaspoon crme frache.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:5.91, Inflammation Score:-2, Nutrition Score:4.9995652651009%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 320.07kcal (16%), Fat: 14.06g (21.63%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 42.59g (15.49%), Sugar: 16.99g (18.88%), Cholesterol: 2.36mg (0.79%), Sodium: 210.12mg (9.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Fiber: 3.38g (13.52%), Manganese: 0.26mg (12.89%), Vitamin B1: 0.15mg (10.26%), Folate: 38.66µg (9.67%), Iron: 1.47mg (8.19%), Vitamin B3: 1.44mg (7.19%), Vitamin B2: 0.12mg (7.03%), Vitamin C: 4.61mg (5.59%), Vitamin K: 5.58µg (5.31%), Phosphorus: 50.04mg (5%), Selenium: 3.2µg (4.57%), Potassium: 156.34mg (4.47%), Copper: 0.07mg (3.55%), Vitamin B6: 0.06mg (3.24%), Magnesium: 12.91mg (3.23%), Vitamin B5: 0.28mg (2.75%), Vitamin E: 0.41mg (2.71%), Calcium: 23.93mg (2.39%), Zinc: 0.28mg (1.86%), Vitamin A: 71.38IU (1.43%)