



WHATSheATE



Honey Apple and Nectarine Tart with Whipped Mascarpone



Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



712 kcal

DESSERT

Ingredients

- ☐ 1 small golden delicious apple cored peeled halved thinly sliced
- ☐ 4 teaspoons honey
- ☐ 1 cup mascarpone cheese
- ☐ 1 small nectarines halved thinly sliced
- ☐ 1 teaspoon orange liqueur
- ☐ 1 sheet puff pastry frozen thawed half of 17.3-ounce package
- ☐ 4 teaspoons sugar

☐

2 tablespoons butter unsalted melted

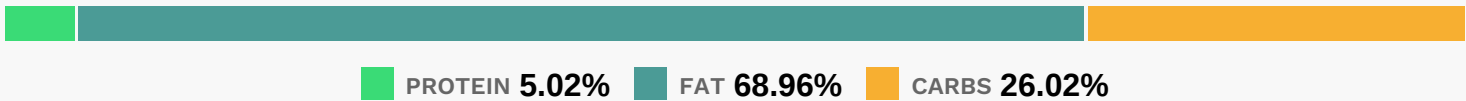
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Line 1 large baking sheet with parchment paper.
- ☐ Place the sheet of puff pastry on a floured surface and cut into 4 even squares. Separate the squares and leave some room between them on the baking sheet. Create a border around the inside of each square by scoring about 1/2-inch around the inside the square. Prick the dough inside the small square. Cover and refrigerate at least 30 minutes and up to 1 day.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400 degrees F.
- ☐ On each pastry square, overlap slices of apple and nectarine, within the border.
- ☐ Brush fruit on each tart, with melted butter and sprinkle with 1 teaspoon sugar.
- ☐ Bake tarts until pastry is golden and apples are tender, about 20 minutes.
- ☐ Drizzle each tart with 1 teaspoon honey.
- ☐ Transfer tarts to racks; cool 5 minutes.
- ☐ Serve warm or at room temperature.
- ☐ While tarts are cooling, whisk mascarpone with orange liqueur. Top each cooled tart with a dollop of flavored mascarpone.

Nutrition Facts



Properties

Glycemic Index:65.09, Glycemic Load:23.23, Inflammation Score:-6, Nutrition Score:8.0499999607387%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 712.29kcal (35.61%), Fat: 54.48g (83.82%), Saturated Fat: 25.25g (157.83%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 44.06g (16.02%), Sugar: 16.38g (18.2%), Cholesterol: 71.3mg (23.77%), Sodium: 189.48mg (8.24%), Alcohol: 0.32g (100%), Alcohol %: 0.2% (100%), Protein: 8.92g (17.85%), Vitamin A: 1086.56IU (21.73%), Selenium: 14.98µg (21.39%), Vitamin B1: 0.26mg (17.4%), Manganese: 0.33mg (16.69%), Vitamin B3: 2.96mg (14.79%), Folate: 51.03µg (12.76%), Vitamin B2: 0.2mg (11.55%), Vitamin K: 11.58µg (11.03%), Iron: 1.74mg (9.67%), Calcium: 89.61mg (8.96%), Fiber: 2.19g (8.76%), Copper: 0.11mg (5.52%), Phosphorus: 50.4mg (5.04%), Vitamin E: 0.75mg (4.99%), Magnesium: 14.63mg (3.66%), Potassium: 117.64mg (3.36%), Zinc: 0.43mg (2.85%), Vitamin B6: 0.04mg (1.96%), Vitamin C: 0.97mg (1.18%)