



WHATSheATE



Honey-Glazed Apple Pear Tart



Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



527 kcal

DESSERT

Ingredients

- ☐ 1 purée of usa bartlett pear cored peeled thinly sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup honey warmed
- ☐ 3 tablespoons brown sugar light
- ☐ 6 servings mascarpone cheese for garnish
- ☐ 1 sheet all-butter puff pastry frozen thawed
- ☐ 2 golden delicious apples cored peeled thinly sliced
- ☐ 3 tablespoons butter unsalted melted

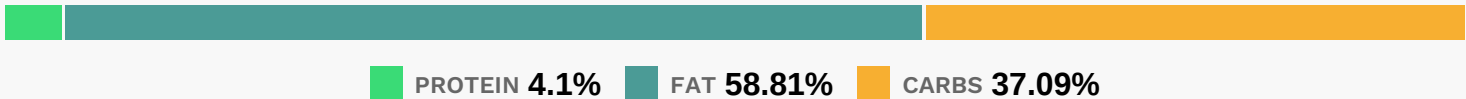
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper or grease with nonstick cooking spray.
- ☐ Dust a cutting board with flour and unfold the puff pastry onto it. Dust more flour over the puff pastry and gently roll out the creases.
- ☐ Transfer the puff pastry sheet to the parchment paper-lined baking sheet.
- ☐ Using a fork, pierce a border around the edge of the puff pastry, 1/2-inch from the edges. Prick the center of the pastry as well, about 10 times all over. In a bowl, combine the sugar, and cinnamon.
- ☐ Arrange the pear, and apple slices on top of the pastry in 4 rows or diagonally, overlapping fruit slices and avoiding the border.
- ☐ Brush the fruit with melted butter and top with cinnamon-sugar.
- ☐ Bake the tart for 15 minutes, or until the pastry is golden brown and beginning to puff.
- ☐ Brush honey over the fruit and bake for an additional 5 minutes.
- ☐ Serve warm with mascarpone cheese.

Nutrition Facts



Properties

Glycemic Index:31.05, Glycemic Load:19.7, Inflammation Score:-5, Nutrition Score:6.2921738993862%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 526.57kcal (26.33%), Fat: 34.89g (53.67%), Saturated Fat: 15.95g (99.69%), Carbohydrates: 49.5g (16.5%), Net Carbohydrates: 46.4g (16.87%), Sugar: 26.91g (29.9%), Cholesterol: 45.05mg (15.02%), Sodium: 122.11mg (5.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Selenium: 10.17µg (14.53%), Manganese: 0.28mg (13.8%), Vitamin A: 636.9IU (12.74%), Fiber: 3.1g (12.42%), Vitamin B1: 0.18mg (11.79%), Vitamin B3: 1.83mg (9.17%), Vitamin K: 9.58µg (9.12%), Folate: 36.01µg (9%), Vitamin B2: 0.15mg (8.64%), Iron: 1.29mg (7.18%), Calcium: 61.57mg (6.16%), Vitamin C: 4.17mg (5.06%), Copper: 0.1mg (4.78%), Potassium: 137.51mg (3.93%), Phosphorus: 37.03mg (3.7%), Vitamin E: 0.53mg (3.54%), Magnesium: 12.41mg (3.1%), Vitamin B6: 0.05mg (2.37%), Zinc: 0.31mg (2.04%)