



Individual Apple Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

DESSERT

Ingredients

- 2 large apples cored peeled thinly sliced
- 1 tablespoon butter melted
- 1 tablespoon canola oil
- 0.5 teaspoon ground cinnamon
- 10 sheets phyllo dough frozen thawed ()
- 1 cup sugar
- 2 teaspoons sugar
- 0.3 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- wire rack
- cutting board

Directions

- Preheat oven to 400.
- To prepare tarts, line a baking sheet with parchment paper; coat paper with cooking spray.
- Combine oil and butter in a small bowl, stirring well.
- Place 1 phyllo sheet on a large cutting board or work surface (cover remaining sheets to prevent drying); lightly brush with oil mixture. Repeat procedure with remaining 9 phyllo sheets and remaining oil mixture. Gently press the phyllo layers together.
- Cut through the phyllo layers crosswise with a sharp knife to form 2 (14 x 4 1/2-inch) strips; cut each strip into 4 (4 1/2 x 3 1/2-inch) rectangles to form 8 rectangles. Carefully place rectangles on prepared baking sheet.
- Arrange apple slices evenly on rectangles.
- Combine 2 teaspoons sugar and cinnamon; sprinkle sugar mixture over apples.
- Bake at 400 for 30 minutes or until browned. Cool slightly on a wire rack.
- To prepare glaze, combine 1 cup sugar and 1/4 cup water in a heavy saucepan over medium-low heat; cook 13 minutes, stirring just until sugar dissolves. Cover, increase heat to medium, and boil 1 minute. (This will dissolve any sugar crystals clinging to sides of pan.) Uncover and boil 10 additional minutes or until golden. (Do not stir.)
- Remove from heat; let stand 1 minute. Working quickly, gently brush glaze over apples.

Serve immediately.

Nutrition Facts

  
 **PROTEIN 3.15%**  **FAT 18.27%**  **CARBS 78.58%**

Properties

Glycemic Index:33.15, Glycemic Load:24.76, Inflammation Score:-2, Nutrition Score:3.3769564882893%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 228.43kcal (11.42%), Fat: 4.77g (7.34%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 44.33g (16.12%), Sugar: 31.79g (35.33%), Cholesterol: 3.76mg (1.25%), Sodium: 127.16mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin B1: 0.14mg (9.21%), Selenium: 5.71µg (8.16%), Manganese: 0.16mg (7.77%), Fiber: 1.86g (7.42%), Vitamin B2: 0.1mg (5.95%), Folate: 22.63µg (5.66%), Vitamin B3: 1.02mg (5.1%), Iron: 0.85mg (4.74%), Vitamin E: 0.47mg (3.13%), Vitamin C: 2.57mg (3.11%), Vitamin K: 3.23µg (3.08%), Phosphorus: 24.44mg (2.44%), Potassium: 78.71mg (2.25%), Copper: 0.04mg (2.12%), Magnesium: 6.53mg (1.63%), Vitamin B6: 0.03mg (1.51%), Vitamin A: 74.21IU (1.48%), Vitamin B5: 0.11mg (1.08%)