



Maple-Glazed Apple Tart



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 1.5 cups bread flour
- ☐ 1 teaspoon yeast dry
- ☐ 1 pound granny smith apples cored peeled thinly sliced
- ☐ 0.5 cup maple syrup
- ☐ 1 tablespoon maple syrup
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil divided
- ☐ 0.3 cup walnuts chopped

- ☐ 0.5 cup warm water (105° to 115°)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Dissolve yeast and 1 tablespoon of syrup in warm water in a small bowl, and let stand 10 minutes.
- ☐ Combine flour and salt in food processor. With processor on, slowly add yeast mixture and 2 1/2 teaspoons oil through food chute; process until dough leaves sides of bowl and forms a ball.
- ☐ Turn dough out onto a lightly floured surface, and knead lightly 4 times.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Punch dough down; turn out onto a lightly floured surface.
- ☐ Roll dough into a 12-inch circle; place on a baking sheet coated with cooking spray.
- ☐ Brush dough with remaining oil; let dough rise 30 minutes or until puffy.
- ☐ Arrange apple slices, overlapping, in a circular pattern over dough.
- ☐ Bake at 425 for 10 minutes.
- ☐ Sprinkle walnuts over apple slices, and bake an additional 10 minutes.
- ☐ Remove from oven; set aside.
- ☐ Place 1/2 cup of syrup in a small, heavy saucepan, and cook over medium-high heat until the syrup reaches thread stage (230).
- ☐ Remove from heat, and let the syrup cool slightly (about 1 minute).
- ☐ Drizzle syrup over apple.
- ☐ Serve warm.

Nutrition Facts

PROTEIN 6.7% FAT 18.9% CARBS 74.4%

Properties

Glycemic Index:24, Glycemic Load:18.7, Inflammation Score:-2, Nutrition Score:6.2834783066874%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg 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: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 215.38kcal (10.77%), Fat: 4.6g (7.08%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 38.46g (13.98%), Sugar: 19.62g (21.8%), Cholesterol: 0mg (0%), Sodium: 294.77mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Manganese: 0.85mg (42.63%), Vitamin B2: 0.34mg (19.83%), Selenium: 9.52µg (13.59%), Fiber: 2.27g (9.09%), Vitamin B1: 0.1mg (6.57%), Copper: 0.12mg (6.02%), Folate: 22.12µg (5.53%), Magnesium: 19.59mg (4.9%), Potassium: 154.91mg (4.43%), Phosphorus: 44.1mg (4.41%), Vitamin K: 4.54µg (4.33%), Calcium: 35.9mg (3.59%), Zinc: 0.53mg (3.51%), Vitamin C: 2.66mg (3.22%), Vitamin B6: 0.06mg (2.87%), Vitamin B3: 0.5mg (2.51%), Vitamin E: 0.36mg (2.4%), Iron: 0.42mg (2.34%), Vitamin B5: 0.21mg (2.11%)