



Maple Tart Tatin

READY IN



45 min.

SERVINGS



8

CALORIES



621 kcal

DESSERT

Ingredients

- ☐ 2.5 pounds apples cored peeled halved
- ☐ 8 servings flour all-purpose
- ☐ 0.3 cup maple syrup pure
- ☐ 14 ounce puff pastry thawed (preferably Dufour)
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted cut into 1" pieces ()
- ☐ 8 servings whipped cream

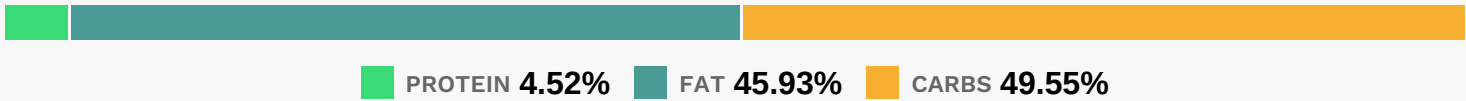
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ rolling pin
- ☐ oven mitt

Directions

- ☐ Unfold puff pastry on a lightly floured surface. Using a lightly floured rolling pin, roll into a 12" square about 1/8" thick. Using a 12" plate as a guide, cut out a 12" round with a sharp paring knife.
- ☐ Transfer pastry round to a baking sheet; cover with plastic wrap and chill until ready to use.
- ☐ Preheat oven to 425°F. Swirl butter and maple syrup in a 12" heavy ovenproof skillet over medium heat until butter melts.
- ☐ Sprinkle sugar over, evenly coating bottom of skillet.
- ☐ Add apples, cut side down; increase heat to medium-high and cook until sugar melts, occasionally swirling apples in pan, about 5 minutes. Reduce heat to medium and cook, continuing to swirl apples in pan, about 5 minutes longer. Flip apples (rounded side down), and cook, swirling apples occasionally, until syrup is thick and golden brown, 5–10 minutes longer.
- ☐ Cover apples with pastry round, tucking in edges of pastry.
- ☐ Bake until pastry is light golden brown, about 10 minutes. Reduce heat to 375°F; bake until pastry is puffed and deep golden, about 20 minutes longer.
- ☐ Let tarte Tatin cool for 15 minutes. Invert a serving plate over skillet. Using oven mitts, firmly hold plate and skillet and invert tarte onto plate.
- ☐ Remove skillet; rearrange apples if needed and scrape any caramel in skillet over.
- ☐ Serve warm or at room temperature with ice cream.

Nutrition Facts



Properties

Glycemic Index:41.32, Glycemic Load:38.94, Inflammation Score:-6, Nutrition Score:11.560869584913%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 621.1kcal (31.06%), Fat: 32.26g (49.63%), Saturated Fat: 12.96g (81%), Carbohydrates: 78.32g (26.11%), Net Carbohydrates: 73.51g (26.73%), Sugar: 43.47g (48.3%), Cholesterol: 44.29mg (14.76%), Sodium: 179.67mg (7.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin B2: 0.5mg (29.68%), Manganese: 0.58mg (29.01%), Selenium: 15.86µg (22.65%), Vitamin B1: 0.31mg (20.97%), Fiber: 4.81g (19.24%), Folate: 60.19µg (15.05%), Vitamin B3: 2.73mg (13.64%), Phosphorus: 124.46mg (12.45%), Vitamin K: 11.82µg (11.26%), Calcium: 111.82mg (11.18%), Vitamin A: 532.17IU (10.64%), Iron: 1.86mg (10.36%), Potassium: 345.81mg (9.88%), Vitamin C: 6.92mg (8.38%), Magnesium: 28.17mg (7.04%), Copper: 0.12mg (6.13%), Zinc: 0.91mg (6.03%), Vitamin E: 0.89mg (5.93%), Vitamin B6: 0.1mg (5.19%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.24µg (1.59%)