



Nectarine Tarte Tatin

READY IN



45 min.

SERVINGS



10

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 7 medium nectarines
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 0.5 cup sugar
- ☐ 0.8 teaspoon vanilla extract
- ☐ 2 tablespoons water

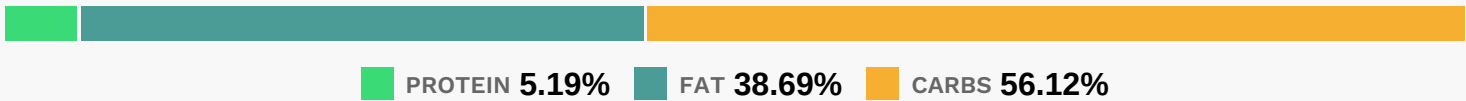
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Cut 1 nectarine in half. Quarter one nectarine half and the remaining 6 nectarines.
- ☐ Combine sugar, water, and juice in a 12-inch stainless-steel skillet. Cook for 2 minutes or until sugar is golden (do not stir).
- ☐ Remove from heat; stir in butter and vanilla.
- ☐ Let stand 3 minutes.
- ☐ Place nectarine half, cut side down, in center of sugar mixture; arrange nectarine quarters, cut side down, around center. Return pan to medium heat. Cook for 10 minutes or until sugar mixture is bubbly (do not stir).
- ☐ Remove from heat; let stand 3 minutes.
- ☐ Roll pie dough into a 12-inch circle on a lightly floured surface.
- ☐ Place dough over nectarine mixture, fitting dough between nectarines and skillet.
- ☐ Bake at 425 for 15 minutes or until lightly browned.
- ☐ Remove from oven, and cool for 10 minutes. Carefully invert tart onto a serving plate.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:10.26, Inflammation Score:-4, Nutrition Score:5.2799999207744%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 279.8kcal (13.99%), Fat: 12.21g (18.78%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 37.29g (13.56%), Sugar: 17.88g (19.87%), Cholesterol: 2.15mg (0.72%), Sodium: 193.56mg (8.42%), Alcohol: 0.1g (100%), Alcohol %: 0.08% (100%), Protein: 3.68g (7.37%), Manganese: 0.24mg (12.14%), Vitamin B3: 2.26mg (11.32%), Fiber: 2.56g (10.23%), Vitamin B1: 0.15mg (10.07%), Folate: 35.91µg (8.98%), Iron: 1.41mg (7.83%), Vitamin A: 355.47IU (7.11%), Vitamin B2: 0.1mg (5.99%), Copper: 0.11mg (5.75%), Phosphorus: 56.78mg (5.68%), Vitamin E: 0.83mg (5.51%), Potassium: 173.12mg (4.95%), Vitamin K: 5.16µg (4.92%), Magnesium: 15.46mg (3.86%), Vitamin C: 3.17mg (3.85%), Vitamin B5: 0.36mg (3.58%), Selenium: 2.49µg (3.56%), Zinc: 0.4mg (2.69%), Vitamin B6: 0.05mg (2.33%), Calcium: 10.58mg (1.06%)