



Peach Tarte Tatin

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 1.7 cups all purpose flour
- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 3 tablespoons ice water ()
- ☐ 1 teaspoon orange peel grated
- ☐ 3 pounds peaches peeled halved quartered
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup butter unsalted cut into small pieces, room temperature ()

- ☐ 3 tablespoons water
- ☐ 8 servings whipped cream

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pastry brush
- ☐ oven mitt

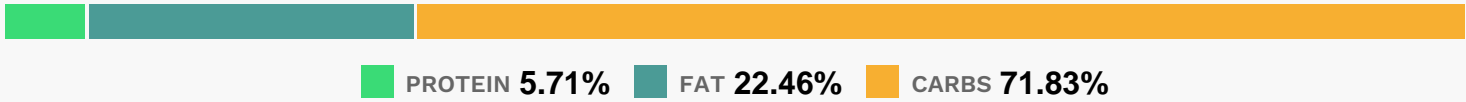
Directions

- ☐ Blend first 5 ingredients in processor. Using on/off turns, cut in butter until coarse meal forms.
- ☐ Add 3 tablespoons ice water and vinegar; using on/off turns, blend until moist clumps form, adding more water if dough is dry. Gather dough into ball. Flatten into disk. Wrap in plastic; chill at least 1 hour and up to 1 day.
- ☐ Roll out dough on lightly floured surface to 11-inch round.
- ☐ Transfer to rimless baking sheet. Cover and refrigerate while preparing filling.
- ☐ Preheat oven to 425°F. Stir sugar and 3 tablespoons water in heavy ovenproof (preferably cast-iron) 9-inch-diameter skillet with 2-inch-high sides over medium heat until sugar dissolves. Increase heat to high and boil without stirring until syrup turns light amber color, occasionally swirling pan and brushing down sides of pan with wet pastry brush, about 6 minutes. Turn off heat.
- ☐ Add butter; stir until melted and smooth. Cool 2 minutes.
- ☐ Place 1 peach half, rounded side down, in center of pan. Arrange peach quarters close together, rounded side down, in concentric circles around peach half. Press remaining peach half and quarters, rounded side down, atop first layer. Cook over medium heat until caramel is bubbling thickly, about 20 minutes.
- ☐ Place chilled pastry atop hot fruit.
- ☐ Let stand 3 minutes to soften. Tuck dough edges around fruit.
- ☐ Bake tart until crust is golden and filling thickens and darkens, about 30 minutes. Cool in pan on rack 10 minutes.

- ☐
- Place platter atop skillet. Using oven mitts, invert tart onto platter.

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Nutrition Facts



Properties

Glycemic Index:46.54, Glycemic Load:33.79, Inflammation Score:-6, Nutrition Score:8.4795652731605%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 305.17kcal (15.26%), Fat: 7.86g (12.1%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 56.57g (18.86%), Net Carbohydrates: 53.29g (19.38%), Sugar: 33.54g (37.27%), Cholesterol: 19.81mg (6.6%), Sodium: 67.66mg (2.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Selenium: 12.67µg (18.1%), Vitamin B1: 0.25mg (16.54%), Vitamin A: 773.94IU (15.48%), Vitamin B3: 2.92mg (14.59%), Folate: 58.33µg (14.58%), Manganese: 0.28mg (14.24%), Fiber: 3.28g (13.12%), Vitamin B2: 0.19mg (11.26%), Iron: 1.81mg (10.06%), Vitamin E: 1.46mg (9.74%), Vitamin C: 7.31mg (8.87%), Copper: 0.18mg (8.77%), Phosphorus: 74.09mg (7.41%), Potassium: 247.51mg (7.07%), Vitamin K: 5.79µg (5.52%), Magnesium: 20.37mg (5.09%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.4mg (4.02%), Vitamin B6: 0.06mg (2.85%), Calcium: 23.16mg (2.32%)