



Pear and Walnut Tarte Tatin

 Vegetarian

READY IN



125 min.

SERVINGS



1

CALORIES



4485 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 6 medium anjou pear firm cored ripe peeled cut in half and
- 1 teaspoon ground cinnamon
- 3 tablespoons juice of lemon
- 17.3 ounce puff pastry thawed pepperidge farm®
- 8 tablespoons sugar
- 0.5 cup walnut pieces coarsely chopped
- 2 tablespoons water

Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Heat the oven to 375 degrees F. Stir the cinnamon and 2 tablespoons sugar in a small bowl.
- Place the pear halves into a large bowl.
- Add the lemon juice and toss to coat.
- Add the cinnamon-sugar and toss to coat.
- Unfold the pastry sheet on a lightly floured surface. Invert a 10-inch heavy, oven-safe skillet over the pastry sheet. Using the skillet as a template, trim the excess pastry to make a rough circle. Prick the pastry circle thoroughly with a fork.
- Place the pastry circle onto a plate and refrigerate.
- Heat the 10-inch heavy, oven-safe skillet over medium-high heat.
- Pour the water in the center of the skillet.
- Pour the remaining sugar over the water. Cook for 7 minutes or until the sugar is a deep amber color. Do not stir.
- Remove the skillet from the heat.
- Add the salt and butter. Carefully tilt the skillet so that the sugar mixture and butter swirl together until well blended.
- Let the mixture cool for 2 minutes.
- Sprinkle the walnuts in the skillet.
- Drain the pear halves. Arrange 11 pear halves around the inside edge of the skillet, cut-side up, overlapping slightly, with the tops pointing toward the center.
- Place the remaining pear half, cut-side up, in the gap in the center of the skillet, trimming to fit, if needed.
- Cook the pears over medium heat for 10 minutes or until tender. Do not stir.

- Remove the skillet from the heat.
- Place the pastry circle over the pear halves, pressing down slightly and tucking the edge in around the inside of the skillet.
- Bake for 40 minutes or until the pastry is golden brown.
- Let the tarte tatin cool in the skillet on a wire rack for 5 minutes. Carefully invert the tarte tatin onto a serving plate.
- Serve immediately.

Nutrition Facts

PROTEIN 4.26% **FAT 53.16%** **CARBS 42.58%**

Properties

Glycemic Index:237.84, Glycemic Load:235.12, Inflammation Score:-10, Nutrition Score:62.290869562522%

Flavonoids

Cyanidin: 23.59mg, Cyanidin: 23.59mg, Cyanidin: 23.59mg, Cyanidin: 23.59mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 6.3mg, Epigallocatechin: 6.3mg, Epigallocatechin: 6.3mg, Epigallocatechin: 6.3mg Epicatechin: 40.16mg, Epicatechin: 40.16mg, Epicatechin: 40.16mg, Epicatechin: 40.16mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 1.82mg, Epigallocatechin 3-gallate: 1.82mg, Epigallocatechin 3-gallate: 1.82mg, Epigallocatechin 3-gallate: 1.82mg Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 4485.05kcal (224.25%), Fat: 272.96g (419.94%), Saturated Fat: 80.31g (501.93%), Carbohydrates: 491.91g (163.97%), Net Carbohydrates: 446.33g (162.3%), Sugar: 206.31g (229.23%), Cholesterol: 122.01mg (40.67%), Sodium: 1601.07mg (69.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.26g (98.52%), Manganese: 5.26mg (263.09%), Fiber: 45.58g (182.32%), Selenium: 123.87µg (176.96%), Vitamin B1: 2.29mg (152.91%), Folate: 525.46µg (131.37%), Vitamin K: 132.13µg (125.84%), Copper: 2.39mg (119.53%), Vitamin B3: 22.91mg (114.54%), Vitamin B2: 1.8mg (105.79%), Iron: 16.44mg (91.34%), Vitamin C: 64.18mg (77.79%), Phosphorus: 643.34mg (64.33%), Magnesium: 251mg (62.75%), Potassium: 1866.55mg (53.33%), Vitamin E: 5.77mg (38.47%), Vitamin B6: 0.75mg (37.62%), Zinc: 5.6mg (37.32%), Vitamin A: 1710.39IU (34.21%), Calcium: 240.71mg (24.07%), Vitamin B5: 0.99mg (9.85%), Vitamin B12: 0.1µg (1.61%)