



Pear Tarte Tatin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 4 anjou pear cored ripe peeled halved lengthwise
- ☐ 2 tablespoons butter divided
- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons crème fraîche
- ☐ 5 sheets dough frozen thawed ()
- ☐ 0.5 cup sugar divided

Equipment

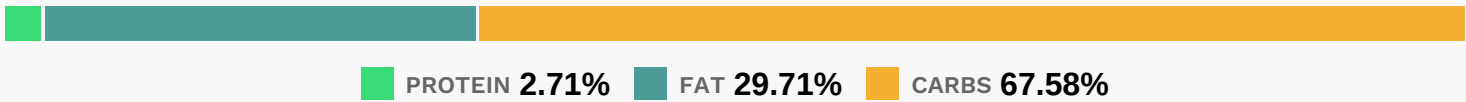
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 400
- ☐ Coat a 10-inch cast-iron skillet with 1 1/2 tablespoons butter.
- ☐ Sprinkle 6 tablespoons sugar into pan. Arrange 7 pear halves, cut sides up, in a circle in pan; place remaining pear half in center. Cover skillet, and place over medium-low heat. Cook, without stirring, for 15 minutes or until sugar mixture is bubbly and caramelized.
- ☐ Place pan in oven.
- ☐ Bake at 400 for 5 minutes.
- ☐ Place 1 1/2 teaspoons butter and oil in a bowl. Microwave at HIGH for 30 seconds or until butter melts.
- ☐ Lay 1 phyllo sheet horizontally on a flat work surface; brush lightly with butter mixture.
- ☐ Sprinkle 2 teaspoons sugar evenly over phyllo.
- ☐ Place next phyllo sheet vertically on top of first. Repeat procedure twice with remaining butter mixture, sugar, and phyllo, ending with phyllo. Fold edges to form a 9-inch circle.
- ☐ Place phyllo circle in pan over pears, pressing gently.
- ☐ Bake at 400 for 16 minutes or until filling is bubbly and crust is browned.
- ☐ Remove from oven, and let stand for 5 minutes.
- ☐ Place a plate upside-down on top of pan; invert tart onto plate.
- ☐ Cut tart into 6 wedges. Top each wedge with 1 1/2 teaspoons crme frache.
- ☐ Wine note: Match this tart with Muscat de Beaumes de Venise, 2006, from Domaine Durban (\$26). Filled with the unctuous fragrance of pears and sweet citrus, the wine's balanced and bright acidity is a palate-cleansing drop of gold. –Alexander Spacher

Nutrition Facts



Properties

Glycemic Index:32.47, Glycemic Load:19.96, Inflammation Score:-3, Nutrition Score:4.373043478831%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 245.12kcal (12.26%), Fat: 8.45g (13%), Saturated Fat: 3.44g (21.47%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 39.27g (14.28%), Sugar: 28.44g (31.6%), Cholesterol: 13.57mg (4.52%), Sodium: 109.69mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Fiber: 3.98g (15.92%), Vitamin K: 7.7µg (7.33%), Vitamin B1: 0.1mg (6.76%), Manganese: 0.13mg (6.68%), Vitamin C: 5.16mg (6.25%), Selenium: 4.18µg (5.97%), Vitamin B2: 0.1mg (5.86%), Copper: 0.12mg (5.78%), Folate: 22.74µg (5.68%), Vitamin E: 0.69mg (4.63%), Potassium: 158.32mg (4.52%), Vitamin B3: 0.84mg (4.22%), Iron: 0.74mg (4.09%), Vitamin A: 183.67IU (3.67%), Phosphorus: 31.8mg (3.18%), Magnesium: 11.38mg (2.84%), Vitamin B6: 0.04mg (2.09%), Calcium: 19.77mg (1.98%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.31%)