



Persimmon-Apple Tart with Gingersnap Streusel

 Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon cornstarch
- ☐ 12 servings pastry for a single-crust 9-inch pie
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 firm-ripe fuyu persimmons ()
- ☐ 1 cup gingersnap cookies crushed

- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tart apples such as newtown pippin or granny smith (1 lb. total)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Roll pastry out on a floured board to fit a 9-inch tart pan with removable rim.
- ☐ Lay pastry in pan, easing into corners. Fold excess pastry down and flush with pan rim, then press against pan side so pastry extends about 1/8 inch above rim.
- ☐ Bake in a 350 oven until pastry is lightly browned, 10 to 15 minutes. Use hot or warm.
- ☐ Meanwhile, in a bowl, stir together crushed gingersnaps, brown sugar, and 2 tablespoons flour.
- ☐ Mix in melted butter. Squeeze mixture to form lumps. Set aside.
- ☐ In a large bowl, mix granulated sugar and cornstarch. Peel, core, and thinly slice apples. Stem, peel, and thinly slice persimmons.
- ☐ Add fruit to bowl along with lemon juice and mix well.
- ☐ Pour mixture into pastry and shake pan to settle filling evenly, then crumble gingersnap mixture over it.
- ☐ Bake tart on lowest rack of a 325 oven until pastry is browned and filling bubbles, 1 hour to 1 hour and 10 minutes.
- ☐ Lay a sheet of foil over streusel if it begins to darken before pastry is done.
- ☐ Let stand until warm or at room temperature; remove pan rim.

Nutrition Facts



 **PROTEIN 2.43%**  **FAT 18.52%**  **CARBS 79.05%**

Properties

Glycemic Index:23.59, Glycemic Load:14.33, Inflammation Score:-3, Nutrition Score:4.8108694707246%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 203.65kcal (10.18%), Fat: 4.43g (6.81%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 41.55g (15.11%), Sugar: 15.19g (16.88%), Cholesterol: 0mg (0%), Sodium: 90.48mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin C: 39.33mg (47.67%), Iron: 2.17mg (12.07%), Manganese: 0.18mg (8.76%), Potassium: 252.86mg (7.22%), Fiber: 1g (3.99%), Folate: 12.77µg (3.19%), Calcium: 30.81mg (3.08%), Phosphorus: 29mg (2.9%), Vitamin A: 141.92IU (2.84%), Vitamin B2: 0.05mg (2.76%), Vitamin B1: 0.04mg (2.58%), Vitamin B3: 0.46mg (2.29%), Copper: 0.04mg (2.19%), Magnesium: 7.39mg (1.85%), Selenium: 1.27µg (1.81%), Vitamin E: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.32%), Vitamin K: 1.07µg (1.02%)