



## Plum Tarte Tatin

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



497 kcal

DESSERT

### Ingredients

- ☐ 1 cup crème fraîche
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 1 teaspoon orange zest grated
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 2.3 pounds plums sweet red firm pitted halved (such as Burgundies or Satsumas)
- ☐ 2 tablespoons sugar divided

- ☐ 6 tablespoons butter unsalted ()
- ☐ 0.5 vanilla pod split

## Equipment

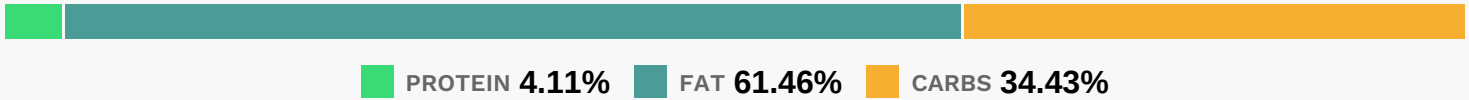
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ oven mitt

## Directions

- ☐ Whisk crème fraîche and orange peel in small bowl. Cover; chill.
- ☐ Roll out pastry on lightly floured surface; trim corners to create circle.
- ☐ Place on plate. DO AHEAD: Crème fraîche and crust can be prepared 1 day ahead. Cover separately and chill.
- ☐ Preheat oven to 400°F.
- ☐ Mix plums, 2 tablespoons sugar, lemon juice, lemon peel, nutmeg, and seeds from vanilla bean in large bowl.
- ☐ Let stand 30 minutes.
- ☐ Melt butter in heavy ovenproof 9-inch-diameter skillet over medium heat.
- ☐ Sprinkle remaining 2/3 cup sugar evenly over melted butter. Tightly arrange plums, cut side up, in concentric circles in skillet (plums will appear slightly uneven but will soften while cooking, creating even layer).
- ☐ Drizzle accumulated juices from bowl over top. Cook over medium heat, shaking skillet gently to prevent sticking. Continue cooking until syrup turns deep red, pressing plums slightly to form compact layer, about 35 minutes.
- ☐ Remove skillet from heat; cool 10 minutes.
- ☐ Slide crust atop plums in skillet. Press crust edges down around plums at edge of skillet.
- ☐ Cut several slits to allow steam to escape.
- ☐ Bake until golden brown, about 30 minutes. Cool tart completely in skillet.

- ☐ Rewarm in skillet set over high heat to loosen, about 3 minutes.
- ☐ Place large platter over skillet. Using oven mitts, hold skillet and platter together and invert, allowing tart to settle onto platter. Slowly lift off skillet.
- ☐ Let stand at least 30 minutes and up to 4 hours at room temperature.
- ☐ Serve with orange crème fraîche.
- ☐ \*Sold at some supermarkets and at specialty foods stores.

## Nutrition Facts



## Properties

Glycemic Index:39.13, Glycemic Load:19.35, Inflammation Score:-7, Nutrition Score:9.8400000022805%

## Flavonoids

Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg, Epicatechin 3-gallate: 1.29mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg 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 Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

## Nutrients (% of daily need)

Calories: 497.22kcal (24.86%), Fat: 34.92g (53.73%), Saturated Fat: 15.04g (94.01%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 40.94g (14.89%), Sugar: 22.58g (25.09%), Cholesterol: 52.72mg (17.57%), Sodium: 115.21mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin A: 1177.76IU (23.56%), Vitamin C: 18.57mg (22.51%), Vitamin K: 19.02µg (18.11%), Selenium: 11.47µg (16.39%), Manganese: 0.29mg (14.71%), Vitamin B1: 0.22mg (14.66%), Vitamin B2: 0.23mg (13.58%), Fiber: 3.1g (12.39%), Vitamin B3: 2.46mg (12.3%), Folate: 43.77µg (10.94%), Potassium: 347.55mg (9.93%), Phosphorus: 84.63mg (8.46%), Copper: 0.15mg (7.73%), Iron: 1.38mg (7.64%), Vitamin E: 1.14mg (7.59%), Calcium: 57.84mg (5.78%), Magnesium: 22.93mg (5.73%), Vitamin B6: 0.08mg (3.84%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.53mg (3.53%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.21µg (1.4%)