



Puff Pastry Apple Tarts Glazed with Honey

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons honey
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 14 ounce delicious apples cored peeled halved very thinly sliced
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons butter unsalted melted

Equipment

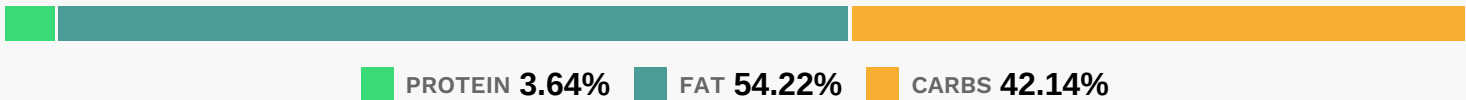
- ☐ baking sheet
- ☐ baking paper

☐ oven

Directions

- ☐ Line 2 baking sheets with parchment paper.
- ☐ Roll out pastry sheet on lightly floured surface to very thin 18x14-inch rectangle. Using small plate as guide, cut out four 7-inch rounds.
- ☐ Transfer 2 rounds to each prepared sheet; cover and refrigerate at least 30 minutes and up to 1 day.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Overlap slices from 1/2 apple on each pastry round, leaving 1/4-inch plain border.
- ☐ Sprinkle apple on each tart with 2 1/4 teaspoons sugar, then drizzle with 2 1/4 teaspoons butter.
- ☐ Bake tarts until pastry is golden and apples are tender, about 25 minutes.
- ☐ Drizzle each tart with 1 teaspoon honey.
- ☐ Transfer tarts to racks; cool 10 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.59, Glycemic Load:27.87, Inflammation Score:-4, Nutrition Score:7.5330434804377%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg, Epicatechin: 7.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 520.3kcal (26.01%), Fat: 32.05g (49.31%), Saturated Fat: 11.33g (70.8%), Carbohydrates: 56.05g (18.68%), Net Carbohydrates: 52.74g (19.18%), Sugar: 25.51g (28.34%), Cholesterol: 22.58mg (7.53%), Sodium: 155.03mg (6.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Selenium: 15.04µg (21.48%), Vitamin B1: 0.26mg (17.41%), Manganese: 0.34mg (17%), Vitamin B3: 2.66mg (13.28%), Fiber: 3.31g (13.26%), Folate: 51.21µg (12.8%), Vitamin B2: 0.21mg (12.18%), Vitamin K: 12.78µg (12.17%), Iron: 1.72mg (9.57%), Vitamin A: 316.59IU (6.33%), Vitamin C: 4.6mg (5.57%), Copper: 0.1mg (5.07%), Phosphorus: 50.46mg (5.05%), Vitamin E: 0.75mg (5.02%), Potassium: 149.87mg (4.28%), Magnesium: 15.11mg (3.78%), Vitamin B6: 0.06mg (2.78%), Zinc: 0.39mg (2.6%), Calcium: 15.11mg (1.51%), Vitamin D: 0.16µg (1.05%)