



Quick and Easy Apple Tart



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 3 apples whole cored peeled halved sliced
- ☐ 1 cup brown sugar
- ☐ 8 servings mrs richardson's butterscotch caramel sauce store-bought for serving
- ☐ 1 sheet puffed pastry whole cut in half
- ☐ 0.5 juice of lemon
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon salt

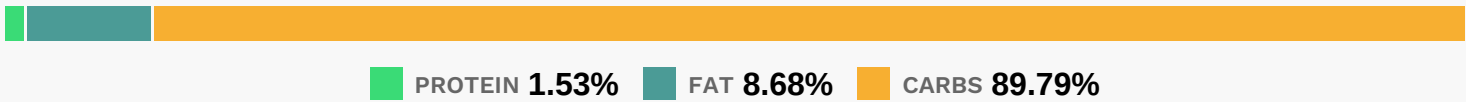
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Place the puffed pastry rectangles onto a baking pan that's been sprayed with nonstick spray or lined with parchment paper.
- ☐ Add the sugar, salt and lemon juice to the apples. Stir to combine. Allow to sit for a few minutes.
- ☐ Arrange the apple slices on the pastry rectangles in a straight line, overlapping as you go.
- ☐ Bake until the pastry is puffed and golden brown, about 20 minutes.
- ☐ Remove from the pan immediately and place on a serving platter.
- ☐ Serve with caramel sauce and chopped pecans.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:2.56, Inflammation Score:-1, Nutrition Score:2.7626086991766%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 5.17mg, Epicatechin: 5.17mg, Epicatechin: 5.17mg, Epicatechin: 5.17mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin:

0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 250.84kcal (12.54%), Fat: 2.57g (3.96%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 59.91g (19.97%), Net Carbohydrates: 57.94g (21.07%), Sugar: 56.76g (63.06%), Cholesterol: 0mg (0%), Sodium: 217.48mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Manganese: 0.22mg (10.85%), Fiber: 1.97g (7.89%), Vitamin C: 4.1mg (4.97%), Calcium: 49.07mg (4.91%), Potassium: 152.06mg (4.34%), Copper: 0.07mg (3.64%), Phosphorus: 33.92mg (3.39%), Magnesium: 12.15mg (3.04%), Vitamin B1: 0.04mg (2.52%), Vitamin B6: 0.05mg (2.37%), Iron: 0.41mg (2.25%), Vitamin B5: 0.17mg (1.73%), Vitamin K: 1.62µg (1.54%), Vitamin A: 74.88IU (1.5%), Vitamin B2: 0.02mg (1.45%), Selenium: 0.99µg (1.42%), Vitamin E: 0.19mg (1.29%), Zinc: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.2%), Folate: 4.27µg (1.07%)