



Quince Upside-Down Tart

READY IN



45 min.

SERVINGS



9

CALORIES



356 kcal

DESSERT

Ingredients

- 1.5 tablespoons butter
- 0.3 cup honey
- 3 tablespoons juice of lemon fresh
- 2.5 pounds quinces cored peeled thinly sliced (5 quince)
- 15 ounce pie crust dough refrigerated (such as Pillsbury)
- 0.3 cup sugar divided

Equipment

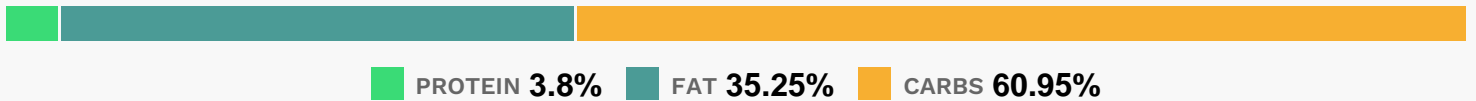
- frying pan

- oven
- whisk
- aluminum foil

Directions

- Melt butter in a 10-inch cast-iron or large, heavy skillet over medium heat. Stir in 3 tablespoons sugar; remove from heat. Arrange quince slices spokelike on top of butter mixture, working from center of pan to edge.
- Combine 1 tablespoon sugar, honey, and juice, stirring well with a whisk.
- Drizzle mixture evenly over quince slices. Cover pan with foil; cook over medium heat 30 minutes.
- Remove pan from heat; carefully remove foil. Cool 10 minutes.
- Preheat oven to 40
- Roll dough into an 11-inch circle; place over quince mixture. Tuck edges of crust into sides of pan.
- Cut 2 small slits in top of dough to allow steam to escape.
- Bake at 400 for 20 minutes or until lightly browned.
- Let stand 5 minutes.
- Place a plate upside down on top of pan, and invert onto plate.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.04, Glycemic Load:13.83, Inflammation Score:-3, Nutrition Score:6.5499998826696%

Flavonoids

Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg

Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 355.59kcal (17.78%), Fat: 14.37g (22.1%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 55.89g (18.63%), Net Carbohydrates: 52.28g (19.01%), Sugar: 13.4g (14.89%), Cholesterol: 5.02mg (1.67%), Sodium: 213.77mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 20.88mg (25.31%), Fiber: 3.61g (14.44%), Iron: 2.16mg (11.98%), Manganese: 0.22mg (10.86%), Vitamin B1: 0.16mg (10.43%), Copper: 0.2mg (10.19%), Folate: 38.11µg (9.53%), Potassium: 304.77mg (8.71%), Vitamin B3: 1.54mg (7.72%), Vitamin B2: 0.12mg (7.31%), Phosphorus: 56.78mg (5.68%), Selenium: 3.59µg (5.12%), Magnesium: 17.7mg (4.43%), Vitamin B6: 0.08mg (3.93%), Vitamin K: 3.61µg (3.44%), Vitamin B5: 0.31mg (3.09%), Calcium: 24.32mg (2.43%), Vitamin A: 109.48IU (2.19%), Zinc: 0.29mg (1.93%), Vitamin E: 0.28mg (1.86%)