



Roasted Squash and Apple Tart

 Vegetarian

READY IN



165 min.

SERVINGS



6

CALORIES



494 kcal

DESSERT

Ingredients

- ☐ 3 apples peeled
- ☐ 1 tablespoon pepper black
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 tablespoon brown sugar
- ☐ 1 butternut squash peeled
- ☐ 0.5 tablespoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon ground cloves
- ☐ 3 tablespoons olive oil divided

- ☐ 6 servings freshly cracked pepper black
- ☐ 1 puff pastry cut into 6 equal rectangles
- ☐ 6 servings salt and pepper
- ☐ 1 slices shallots
- ☐ 7 large shallots
- ☐ 1 bottle syrah
- ☐ 2 recipe syrah reduction
- ☐ 4 sprigs thyme leaves
- ☐ 1 tablespoon pepper white

Equipment

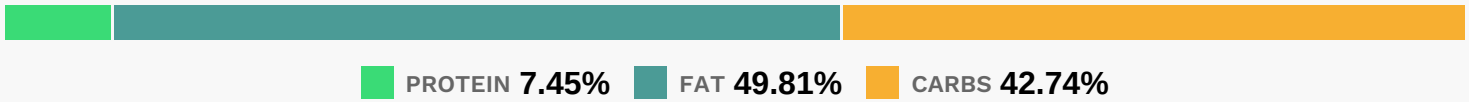
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Cut sides of squash to make a rectangular shape. Slice squash into 6 (2 by 4-inch) rectangles. Toss the squash in 1 tablespoon of olive oil, salt, pepper, to taste, ground clove, and brown sugar.
- ☐ Bake in oven until tender, approximately 15 to 25 minutes.
- ☐ Apple: Slice the apples into 6 (2 by 4-inch) rectangles.
- ☐ Heat 1 tablespoon oil in a saute pan over medium-high heat and add apples, salt and pepper.
- ☐ Saute until tender, being careful not to overcook.
- ☐ Shallot Compote: Peel 7 large shallots and toss in 1 tablespoon of oil, salt and pepper, to taste.

- ☐ Place in a roasting pan and cover with aluminum foil. Roast for approximately 30 to 45 minutes at 350 degrees F, or until tender.
- ☐ Remove aluminum foil and continue cooking for 10 minutes. In a food processor or blender, add shallots with chopped fresh thyme and season, to taste, with salt and pepper.
- ☐ Place each squash rectangle on top of a piece of puff pastry. Do the same with the apples.
- ☐ Place an equal amount of blue cheese on top of the squash.
- ☐ Place the puff pastry in the oven until the squash and apple are warm, and the blue cheese melted.
- ☐ Place the shallot compote on top of the blue cheese and garnish the plate with the sauce.
- ☐ Reduce ingredients in pot until syrupy. Finish with fresh cracked black pepper.;

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:14.8, Inflammation Score:-10, Nutrition Score:21.293043494225%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.61mg, Malvidin: 0.61mg, Malvidin: 0.61mg, Malvidin: 0.61mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 494kcal (24.7%), Fat: 28.38g (43.67%), Saturated Fat: 8.53g (53.29%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 47.77g (17.37%), Sugar: 16.87g (18.74%), Cholesterol: 14.17mg (4.72%), Sodium: 523.56mg (22.76%), Alcohol: 0.05g (100%), Alcohol %: 0.02% (100%), Protein: 9.56g (19.12%), Vitamin A: 13547.96IU (270.96%), Vitamin C: 35.03mg (42.46%), Manganese: 0.83mg (41.74%), Fiber: 7.02g (28.09%), Vitamin B1: 0.33mg (21.88%), Vitamin E: 3.27mg (21.8%), Folate: 86.01µg (21.5%), Potassium: 735.34mg (21.01%), Selenium: 13.72µg (19.6%), Calcium:

195.59mg (19.56%), Vitamin B6: 0.38mg (19.04%), Vitamin B3: 3.58mg (17.89%), Magnesium: 69.42mg (17.36%), Phosphorus: 171.78mg (17.18%), Iron: 3mg (16.65%), Vitamin K: 16.77µg (15.97%), Vitamin B2: 0.25mg (14.81%), Copper: 0.23mg (11.4%), Vitamin B5: 0.99mg (9.91%), Zinc: 1.11mg (7.42%), Vitamin B12: 0.23µg (3.84%)