



## Rustic Apple-Cranberry Tart

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



499 kcal

DESSERT

### Ingredients

- ☐ 24 ounce stouffer's escalloped apples
- ☐ 6 tablespoons brandy
- ☐ 0.3 cup firmly brown sugar light packed
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- ☐ 0.3 cup butter softened
- ☐ 0.3 cup flour all-purpose divided
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.5 cup cranberries dried sweetened

- ☐ 0.3 cup walnuts chopped
- ☐ 2 tablespoons water

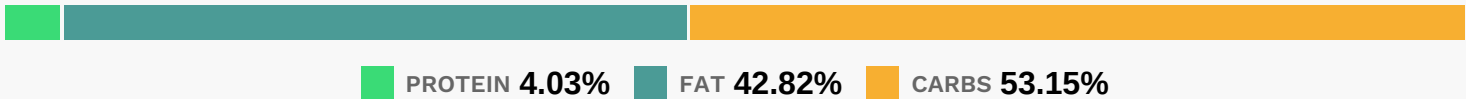
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ microwave

## Directions

- ☐ Thaw escalloped apples in microwave at MEDIUM (50% power) 6 to 7 minutes.
- ☐ Microwave cranberries, brandy, and 2 tablespoons water in a large glass bowl at HIGH 2 1/2 minutes; stir in escalloped apples.
- ☐ Add 1/4 cup brown sugar and 3 tablespoons flour, stirring to blend. Set aside.
- ☐ Combine remaining 1/3 cup flour and 1/3 cup brown sugar in a bowl; cut in butter with a pastry blender until crumbly. Stir in walnuts.
- ☐ Unfold piecrusts; stack on a lightly floured surface.
- ☐ Roll into a 15-inch circle.
- ☐ Place on a lightly greased baking sheet. Spoon apple mixture in center of pastry, leaving a 3-inch border.
- ☐ Sprinkle with walnut mixture. Lift pastry edges, and pull over apple mixture, leaving a 9-inch circle of fruit showing in center. Press folds gently to secure.
- ☐ Bake at 400 on lower oven rack for 30 minutes.
- ☐ \*6 tablespoons apple juice concentrate may be substituted.
- ☐ NOTE: For testing purposes only, we used Ocean Spray Craisins Sweetened Dried Cranberries.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:6.05, Inflammation Score:-5, Nutrition Score:7.4991304301049%

## Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 499.27kcal (24.96%), Fat: 23.02g (35.42%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 64.3g (21.43%), Net Carbohydrates: 60.06g (21.84%), Sugar: 30.05g (33.39%), Cholesterol: 0mg (0%), Sodium: 290.52mg (12.63%), Alcohol: 3.76g (100%), Alcohol %: 2.45% (100%), Protein: 4.87g (9.74%), Manganese: 0.5mg (24.95%), Fiber: 4.24g (16.96%), Vitamin B1: 0.22mg (14.7%), Folate: 54.3µg (13.58%), Iron: 2.02mg (11.2%), Vitamin B3: 1.94mg (9.68%), Vitamin B2: 0.15mg (8.87%), Copper: 0.16mg (8.16%), Selenium: 5.27µg (7.53%), Phosphorus: 73.45mg (7.34%), Vitamin K: 6.47µg (6.17%), Vitamin A: 301.18IU (6.02%), Magnesium: 23.07mg (5.77%), Potassium: 197.89mg (5.65%), Vitamin E: 0.81mg (5.43%), Vitamin B6: 0.1mg (5.01%), Vitamin C: 4mg (4.85%), Calcium: 37mg (3.7%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.48mg (3.18%)