



food
network

Rustic Apple Tart

READY IN



55 min.

SERVINGS



1

CALORIES



844 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 2 granny smith apples cored peeled sliced
- 1 pinch ground allspice
- 0.3 teaspoon ground cinnamon
- 2 tablespoons brown sugar light
- 3 tablespoons peach preserves warmed
- 1 sheet ready rolled pie dough
- 2 golden delicious apples cored peeled sliced
- 1 pinch salt

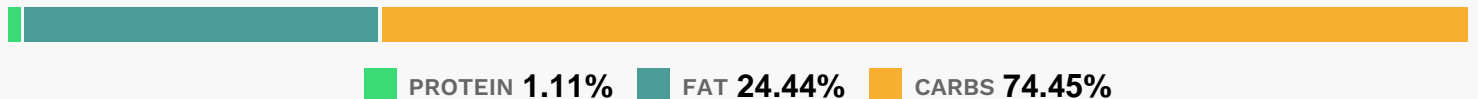
Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- microwave

Directions

- Preheat the oven to 350 degrees F.
- Toss the apples, sugar, cinnamon, allspice, and salt together in a large bowl.
- Roll the pastry, on a lightly floured surface, into a 12-inch round. Line a baking sheet with parchment paper and spray with cooking spray. Arrange the pastry on the baking sheet.
- Put the apple mixture in the center of the pastry and spread evenly to the edges, but leaving enough dough to fold over to create a crust on the rim.
- Brush the crust with melted butter and drizzle the remaining butter over the apples.
- Bake until the crust is golden brown, about 40 minutes.
- While tart is cooking, put the peach preserves into a microwavable bowl and microwave until syrupy, about 20 seconds.
- Remove the tart from oven and brush with the warmed preserves. Pull the parchment paper off the sheet tray and transfer the tart to a wire rack to cool.
- Cut as desired and serve.

Nutrition Facts



Properties

Glycemic Index:189, Glycemic Load:48.96, Inflammation Score:-8, Nutrition Score:14.420000006323%

Flavonoids

Cyanidin: 11.43mg, Cyanidin: 11.43mg, Cyanidin: 11.43mg, Cyanidin: 11.43mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 9.46mg, Catechin: 9.46mg, Catechin: 9.46mg, Catechin: 9.46mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 54.82mg, Epicatechin: 54.82mg, Epicatechin: 54.82mg, Epicatechin: 54.82mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 29.19mg, Quercetin: 29.19mg, Quercetin: 29.19mg, Quercetin: 29.19mg

Nutrients (% of daily need)

Calories: 843.65kcal (42.18%), Fat: 24.27g (37.34%), Saturated Fat: 14.69g (91.81%), Carbohydrates: 166.4g (55.47%), Net Carbohydrates: 147.93g (53.79%), Sugar: 128.12g (142.36%), Cholesterol: 60.2mg (20.07%), Sodium: 256.29mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Fiber: 18.47g (73.86%), Vitamin C: 38.87mg (47.11%), Potassium: 869.02mg (24.83%), Vitamin A: 1095.41IU (21.91%), Manganese: 0.39mg (19.59%), Vitamin K: 18.2µg (17.34%), Vitamin B6: 0.32mg (16.14%), Vitamin B2: 0.25mg (14.5%), Vitamin E: 2.05mg (13.65%), Copper: 0.27mg (13.57%), Magnesium: 42.24mg (10.56%), Phosphorus: 100.43mg (10.04%), Vitamin B1: 0.14mg (9.19%), Calcium: 88.87mg (8.89%), Iron: 1.43mg (7.92%), Folate: 30.32µg (7.58%), Vitamin B5: 0.52mg (5.24%), Vitamin B3: 0.76mg (3.81%), Selenium: 1.85µg (2.64%), Zinc: 0.38mg (2.5%)