



## Rustic Apple Tarts with Calvados Whipped Cream

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



594 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup apple juice
- ☐ 1 teaspoon calvados
- ☐ 1 tablespoon cider vinegar
- ☐ 1 lb gala apples unpeeled ( 4; left )
- ☐ 0.5 cup heavy cream chilled
- ☐ 1 puff pastry sheet frozen thawed
- ☐ 1 teaspoon sugar

- ☐ 3 tablespoons butter unsalted

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ rolling pin

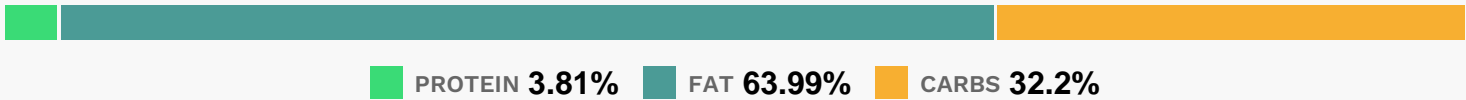
## Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 425°F.
- ☐ Cook 1/3 cup sugar in a dry 10-inch heavy skillet over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted into a pale golden caramel. Tilt skillet and carefully pour in cider and vinegar (caramel will harden and steam vigorously). Simmer over moderately low heat, stirring occasionally, until caramel is dissolved.
- ☐ While syrup simmers, cut apples into 1/8-inch-thick slices with slicer, rotating around core of each (discard cores).
- ☐ Add apple slices to hot syrup in skillet, gently tossing to coat.
- ☐ Remove from heat and let stand, stirring occasionally, until apples are wilted by syrup, 5 to 10 minutes.
- ☐ While apples stand, roll out puff pastry sheet into a 12-inch square on a lightly floured surface with a floured rolling pin.
- ☐ Cut into quarters, forming 4 (6-inch) squares and brush off excess flour from both sides.
- ☐ Transfer squares to a large shallow baking pan, overlapping if necessary (squares will fit without touching after edges are folded in later).
- ☐ Drain apples in a sieve set over a bowl (reserve syrup), then mound slices decoratively on each square, leaving a 3/4-inch border all around. Fold border over apples along edges,

pinching edges together as necessary, then dot tops of apples with a total of 1 tablespoon butter and sprinkle with remaining 1/2 tablespoon sugar.

- ☐ Bake tarts until apples are tender, pastry is puffed, and edges and undersides are golden brown, 25 to 30 minutes.
- ☐ While tarts bake, boil reserved syrup in skillet with Calvados and remaining 2 tablespoons butter until thickened and reduced to about 1/3 cup.
- ☐ Brush or drizzle hot syrup over tarts.
- ☐ Beat cream with sugar and Calvados in a chilled bowl with a whisk or electric mixer until cream holds soft peaks.
- ☐ Serve with tarts.

## Nutrition Facts



## Properties

Glycemic Index:63.46, Glycemic Load:21.14, Inflammation Score:-6, Nutrition Score:9.1582609000413%

## Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 9.93mg, Epicatechin: 9.93mg, Epicatechin: 9.93mg, Epicatechin: 9.93mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

## Nutrients (% of daily need)

Calories: 593.98kcal (29.7%), Fat: 42.83g (65.89%), Saturated Fat: 18.18g (113.63%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 44.79g (16.29%), Sugar: 16.97g (18.86%), Cholesterol: 56.19mg (18.73%), Sodium: 164.22mg (7.14%), Alcohol: 0.42g (100%), Alcohol %: 0.21% (100%), Protein: 5.73g (11.46%), Selenium: 15.86µg (22.66%), Manganese: 0.37mg (18.54%), Vitamin B1: 0.28mg (18.39%), Vitamin B2: 0.27mg (15.74%), Vitamin A: 761.86IU (15.24%), Fiber: 3.7g (14.8%), Vitamin B3: 2.7mg (13.51%), Vitamin K: 14.04µg (13.37%), Folate: 52.68µg (13.17%), Iron: 1.78mg (9.89%), Phosphorus: 71.41mg (7.14%), Vitamin E: 1.06mg (7.03%), Vitamin C: 5.66mg (6.86%), Potassium: 222.06mg (6.34%), Copper: 0.11mg (5.48%), Magnesium: 19.42mg (4.86%), Vitamin D: 0.63µg (4.22%), Calcium: 37.72mg (3.77%), Vitamin B6: 0.08mg (3.77%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.17mg (1.71%), Vitamin

B12: 0.07μg (1.09%)