



Rustic Cinnamon Apple Tart

READY IN



42 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- 3 lb fuji apples peeled sliced
- 3 Tbsp butter
- 8 oz philadelphia snack delights cinnamon divided
- 0.3 cup cranberries dried
- 0.3 cup maple syrup
- 1 Tbsp milk
- 1 ready-to-use pie crust refrigerated
- 0.3 cup planters walnuts coarsely chopped

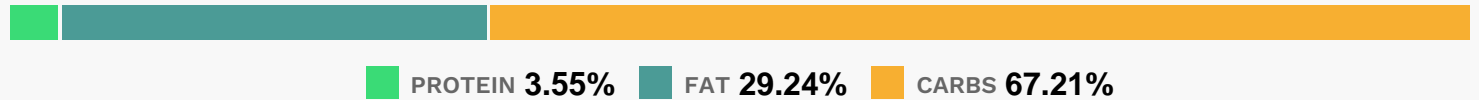
Equipment

- frying pan
- oven

Directions

- Prepare and bake crust in 9-inch pie plate as directed on package for one-crust baked shell. Cool completely.
- Meanwhile, melt butter in large skillet on medium heat.
- Add apples, cranberries and syrup; stir. Cook 5 to 7 min. or until apples are tender and lightly browned, stirring occasionally. Stir in nuts. Cool completely.
- Spread 3/4 cup SNACK DELIGHTS onto bottom of crust; cover with fruit mixture.
- Mix remaining SNACK DELIGHTS and milk until blended; drizzle over tart.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:9.16, Inflammation Score:-5, Nutrition Score:15.721304207392%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 357.64kcal (17.88%), Fat: 12.98g (19.98%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 47.05g (17.11%), Sugar: 27.27g (30.3%), Cholesterol: 11.67mg (3.89%), Sodium: 127.57mg

(5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Manganese: 5.47mg (273.57%), Fiber: 20.11g (80.45%), Calcium: 316.78mg (31.68%), Iron: 3.25mg (18.05%), Vitamin K: 14.9µg (14.19%), Vitamin B2: 0.23mg (13.57%), Copper: 0.22mg (10.93%), Vitamin C: 8.96mg (10.86%), Potassium: 369.51mg (10.56%), Magnesium: 37.08mg (9.27%), Vitamin E: 1.29mg (8.61%), Vitamin B1: 0.11mg (7.63%), Vitamin B6: 0.15mg (7.38%), Phosphorus: 68.28mg (6.83%), Folate: 25.42µg (6.36%), Vitamin A: 312.54IU (6.25%), Vitamin B3: 1.18mg (5.9%), Zinc: 0.88mg (5.88%), Selenium: 2.38µg (3.4%), Vitamin B5: 0.33mg (3.33%)