



## Rustic Spiced Apple Tart

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



360 kcal

DESSERT

### Ingredients

- 1.5 pounds braeburn apples peeled sliced
- 1 large eggs lightly beaten
- 1 tablespoon flour all-purpose
- 0.3 teaspoon ground allspice
- 0.3 cup pear preserves
- 14.1 oz piecrusts refrigerated
- 0.5 cup sugar
- 1 tablespoon sugar

- 1 teaspoon vanilla extract
- 8 servings buttermilk whipped cream

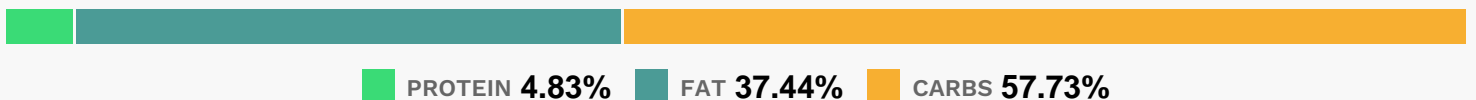
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- slotted spoon

## Directions

- Preheat oven to 35
- Stir together first 5 ingredients in a large bowl.
- Let stand 30 minutes, stirring occasionally. Stir in flour.
- Unroll and stack piecrusts on parchment paper.
- Roll into a 12-inch circle. Mound apple mixture in center of piecrust using a slotted spoon (mixture will be slightly runny), leaving a 2- to 2 1/2-inch border. Fold piecrust border up and over fruit, pleating as you go, leaving an opening 5 inches wide in center.
- Drizzle apples with any remaining juice in bowl.
- Brush piecrust with egg, and sprinkle with 1 Tbsp. sugar. Slide parchment paper onto a baking sheet.
- Bake at 350 for 50 to 55 minutes or until filling is bubbly and crust is golden brown. Cool on a baking sheet on a wire rack 30 minutes.
- Serve warm with Buttermilk Whipped Cream.

## Nutrition Facts



## Properties

Glycemic Index:44.24, Glycemic Load:14.11, Inflammation Score:-3, Nutrition Score:5.7208695515342%

## Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 6.66mg, Epicatechin: 6.66mg, Epicatechin: 6.66mg, Epicatechin: 6.66mg 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 Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

## Nutrients (% of daily need)

Calories: 359.67kcal (17.98%), Fat: 15.17g (23.33%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 52.61g (17.54%), Net Carbohydrates: 49.07g (17.85%), Sugar: 24.04g (26.71%), Cholesterol: 27.81mg (9.27%), Sodium: 214.89mg (9.34%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 4.4g (8.81%), Fiber: 3.54g (14.15%), Manganese: 0.27mg (13.28%), Vitamin B1: 0.16mg (10.99%), Folate: 42.85µg (10.71%), Iron: 1.58mg (8.78%), Vitamin B2: 0.15mg (8.77%), Vitamin B3: 1.51mg (7.53%), Selenium: 5.26µg (7.52%), Phosphorus: 64.96mg (6.5%), Vitamin K: 5.95µg (5.67%), Vitamin C: 4.23mg (5.12%), Potassium: 167.37mg (4.78%), Vitamin B6: 0.08mg (3.78%), Vitamin B5: 0.38mg (3.76%), Copper: 0.07mg (3.7%), Magnesium: 13.98mg (3.49%), Vitamin E: 0.5mg (3.3%), Calcium: 25.51mg (2.55%), Zinc: 0.38mg (2.52%), Vitamin A: 123.29IU (2.47%), Vitamin B12: 0.07µg (1.22%)