



Spiced Apple Tart

 Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



137 kcal

DESSERT

Ingredients

- 0.8 cup apple juice
- 2 Tbsp cornstarch
- 6 oz ready-to-use graham cracker crumb crust
- 2 lb granny smith apples peeled thinly sliced
- 0.5 tsp ground cinnamon
- 3 oz jell-o lemon flavor gelatin
- 0.3 cup sugar
- 0.3 cup water cold

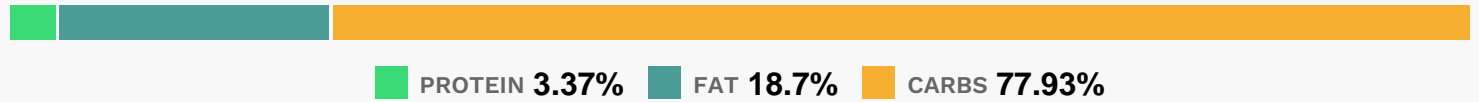
Equipment

sauce pan

Directions

- Bring first 4 ingredients to boil in medium saucepan on medium heat; cook 5 min. or until apples are tender, stirring occasionally.
- Mix cornstarch and water; stir into apple mixture. Return to boil; cook 1 min., stirring constantly.
- Remove from heat.
- Add dry gelatin mix; stir until completely dissolved.
- Pour into crust.
- Refrigerate several hours or until firm.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:5.87, Inflammation Score:-1, Nutrition Score:2.3269565364589%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 136.96kcal (6.85%), Fat: 2.95g (4.53%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 25.89g (9.42%), Sugar: 18.85g (20.95%), Cholesterol: 0mg (0%), Sodium: 81.28mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Manganese: 0.19mg (9.64%), Fiber: 1.75g (6.99%), Vitamin

K: 3.83µg (3.65%), Vitamin C: 2.9mg (3.51%), Phosphorus: 28.98mg (2.9%), Vitamin B2: 0.05mg (2.66%), Potassium: 90.94mg (2.6%), Copper: 0.05mg (2.58%), Folate: 9.36µg (2.34%), Vitamin B1: 0.03mg (2.26%), Iron: 0.4mg (2.25%), Vitamin E: 0.32mg (2.15%), Vitamin B3: 0.43mg (2.15%), Vitamin B6: 0.04mg (1.79%), Magnesium: 6.49mg (1.62%), Zinc: 0.17mg (1.15%), Selenium: 0.75µg (1.07%)