



## Tarte aux Pommes

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

DESSERT

### Ingredients

- 6 apples peeled thinly sliced quartered
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 2 eggs
- 1 cup cup heavy whipping cream
- 1 pie crust dough
- 1 teaspoon vanilla extract

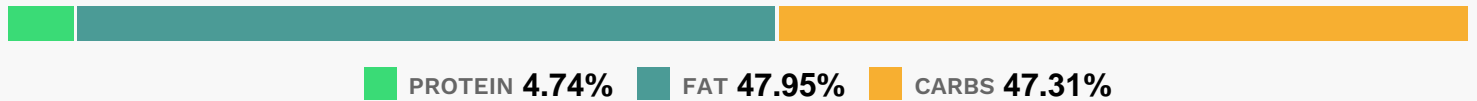
### Equipment

- bowl
- oven
- pie form

## Directions

- Preheat the oven to 35
- In a 9 inch pie pan, place the pie crust, pick slightly with a fork and place in the hot oven for 9 minutes. When done remove from the heat and let cool for a while. In a bowl mix together the eggs, whipping cream, vanilla.
- Place the apples all over the pie dough. cover with the cream.
- Place in a hot oven for 35 to 45 minutes, until the middle is firm and the tarte is a wonderful golden color.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:6.64, Inflammation Score:-6, Nutrition Score:7.8891304347826%

## Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Taste

Sweetness: 100%, Saltiness: 8%, Sourness: 47.69%, Bitterness: 14.22%, Savoriness: 7.97%, Fattiness: 36.1%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 427.48kcal (21.37%), Fat: 23.41g (36.02%), Saturated Fat: 11.95g (74.66%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 46.9g (17.06%), Sugar: 31.86g (35.41%), Cholesterol: 99.38mg (33.13%), Sodium: 152.66mg (6.64%), Alcohol: 0.23g (1.27%), Protein: 5.21g (10.42%), Fiber: 5.08g (20.31%), Vitamin A: 760.86IU (15.22%), Vitamin B2: 0.24mg (13.98%), Selenium: 7.45µg (10.65%), Vitamin C: 8.61mg (10.44%), Manganese: 0.2mg (10.13%), Phosphorus: 92.99mg (9.3%), Potassium: 297.09mg (8.49%), Folate: 33.89µg (8.47%), Vitamin B1: 0.12mg (8.18%), Iron: 1.34mg (7.43%), Vitamin K: 7.39µg (7.03%), Vitamin B6: 0.13mg (6.63%), Vitamin E: 0.98mg (6.51%), Vitamin D: 0.93µg (6.19%), Calcium: 60.73mg (6.07%), Vitamin B5: 0.57mg (5.68%), Vitamin B3: 0.98mg (4.92%), Magnesium: 19.05mg (4.76%), Copper: 0.09mg (4.57%), Zinc: 0.49mg (3.26%), Vitamin B12: 0.19µg (3.23%)