



Tarte Tatin

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter softened
- ☐ 10 teaspoon crème fraîche
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 pounds delicious apples cored peeled quartered
- ☐ 1 cup sugar
- ☐ 6 tablespoons water divided

Equipment

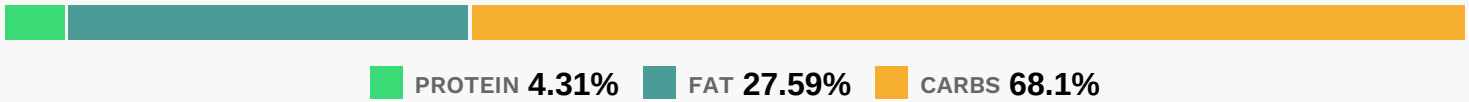
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour in a medium bowl, and cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine 2 tablespoons water and egg, stirring with a whisk.
- ☐ Add egg mixture to flour mixture, stirring just until moist. Turn dough out onto a large piece of heavy-duty plastic wrap; knead lightly 5 times (dough will be sticky). Pat dough into a disk. Cover with additional plastic wrap, and chill 30 minutes.
- ☐ Combine 4 tablespoons water and sugar in a 9-inch cast-iron skillet over medium-high heat. Cook 10 minutes or until golden, stirring only until sugar dissolves.
- ☐ Remove from heat; gently stir in small circles to evenly distribute cooked sugar.
- ☐ Let stand 5 minutes.
- ☐ Arrange apple quarters tightly in a circular pattern over sugar in pan, beginning at the outside edge.
- ☐ Cut 2 apple quarters in half, and arrange, points up, in center of pan.
- ☐ Place pan over medium heat; cook 20 minutes (do not stir), pressing apples slightly to extract juices.
- ☐ Remove from heat; let stand 10 minutes.

- ☐ Sprinkle cinnamon over apples.
- ☐ Remove plastic wrap covering dough. Turn dough onto a lightly floured surface; roll dough into an 11-inch circle.
- ☐ Place over apple mixture, fitting dough between apples and skillet.
- ☐ Bake at 400 for 20 minutes or until lightly browned.
- ☐ Let cool 10 minutes. Invert tart onto a plate.
- ☐ Serve with crme fraiche.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:27.63, Inflammation Score:-4, Nutrition Score:4.9669565662094%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg 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: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 267.85kcal (13.39%), Fat: 8.47g (13.03%), Saturated Fat: 4.93g (30.83%), Carbohydrates: 47.01g (15.67%), Net Carbohydrates: 44.3g (16.11%), Sugar: 29.61g (32.9%), Cholesterol: 39.02mg (13.01%), Sodium: 64.29mg (2.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Selenium: 8.24µg (11.78%), Vitamin B1: 0.17mg (11.06%), Fiber: 2.71g (10.84%), Folate: 39.88µg (9.97%), Vitamin B2: 0.15mg (8.97%), Manganese: 0.17mg (8.55%), Vitamin A: 310.97IU (6.22%), Iron: 1.09mg (6.03%), Vitamin B3: 1.2mg (6.01%), Vitamin C: 4.21mg (5.1%), Phosphorus: 45.22mg (4.52%), Potassium: 131.66mg (3.76%), Copper: 0.06mg (2.94%), Vitamin E: 0.44mg (2.92%), Vitamin B6: 0.06mg (2.8%), Vitamin K: 2.73µg (2.6%), Magnesium: 9.95mg (2.49%), Vitamin B5: 0.24mg (2.37%), Calcium: 18.08mg (1.81%), Zinc: 0.26mg (1.71%), Vitamin B12: 0.07µg (1.12%)