



Tarte Tatin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 3.5 pounds gala apple cored peeled cut into 8 wedges (9)
- 2 tablespoons water
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1 tablespoon sugar

- 2 tablespoons butter unsalted
- 6 tablespoons butter unsalted chilled cut into small pieces

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- plastic wrap
- measuring cup

Directions

- To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 1 tablespoon sugar, and 1/2 teaspoon salt in a food processor; pulse until combined.
- Add 6 tablespoons chilled butter; pulse until mixture resembles coarse meal.
- Add 2 tablespoons ice water, and pulse until mixture forms clumps. Gently press dough into a 6-inch circle on heavy-duty plastic wrap; cover and freeze 30 minutes.
- To prepare filling, combine apples, juice, and 1/4 teaspoon salt in a large bowl, tossing to coat. Melt 2 tablespoons butter in a 9 1/2-inch cast-iron skillet over medium-high heat.
- Add 3/4 cup sugar to pan; cook 4 minutes or until golden brown, stirring constantly.
- Remove pan from heat. Arrange half of apples, rounded side down, in a circular pattern over sugar mixture in pan. Top with remaining apples, rounded side up. Cook over medium heat 15 minutes.
- Remove from heat; let stand 15 minutes.
- Preheat oven to 40
- Working quickly, roll dough into an 11-inch circle on a heavily floured surface.
- Place dough over apples; fold edges under.
- Cut 4 (1-inch) slits into top of pastry using a sharp knife.

- Bake at 400 for 40 minutes or until crust is lightly browned.
- Remove from oven; let stand 5 minutes.
- Place a plate upside down on top of pan. Carefully invert tart onto plate.
- Serve warm.

Nutrition Facts

PROTEIN 2.54% **FAT 30.23%** **CARBS 67.23%**

Properties

Glycemic Index:30.9, Glycemic Load:30, Inflammation Score:-5, Nutrition Score:5.9500000282474%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 338.82kcal (16.94%), Fat: 11.92g (18.33%), Saturated Fat: 7.27g (45.45%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 54.43g (19.79%), Sugar: 40.95g (45.5%), Cholesterol: 30.1mg (10.03%), Sodium: 222.26mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Fiber: 5.19g (20.76%), Vitamin C: 9.85mg (11.94%), Vitamin B1: 0.16mg (10.5%), Vitamin A: 457.13IU (9.14%), Manganese: 0.18mg (8.91%), Folate: 35.34µg (8.84%), Vitamin B2: 0.14mg (8.1%), Selenium: 5.56µg (7.94%), Potassium: 234.8mg (6.71%), Vitamin B3: 1.11mg (5.55%), Iron: 0.98mg (5.44%), Vitamin K: 5.39µg (5.14%), Vitamin E: 0.69mg (4.63%), Vitamin B6: 0.09mg (4.48%), Phosphorus: 42.21mg (4.22%), Copper: 0.08mg (4.04%), Magnesium: 13.8mg (3.45%), Vitamin B5: 0.21mg (2.07%), Calcium: 18.17mg (1.82%), Vitamin D: 0.21µg (1.4%), Zinc: 0.21mg (1.37%)