



Tarte Tatin



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 2 pounds apples cored peeled quartered
- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.8 cup granulated sugar
- ☐ 1 sheet puff pastry frozen thawed (from a 14-ounce package)
- ☐ 4 tablespoons butter unsalted cut into bits ()
- ☐ 1 vanilla pod split

Equipment

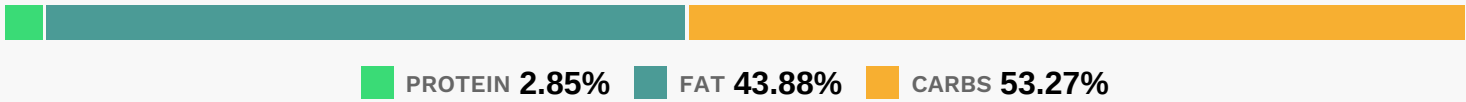
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 425°F. In a heavy-bottom 10-inch ovenproof or cast-iron skillet, stir together the 3/4 cup sugar and the vinegar. Scrape the vanilla seeds into the skillet (save the vanilla bean for another use).
- ☐ Heat over medium heat, stirring until the sugar is thoroughly dissolved. Cook over medium heat, without stirring, for 5 minutes, or until the mixture is amber in color (like a brown paper bag).
- ☐ Remove from the heat.
- ☐ Add 2 tablespoons of the butter and swirl until the butter has melted.
- ☐ Let cool for 10 minutes.
- ☐ Carefully arrange the apples over the sugar mixture in concentric circles, being careful not to touch the hot sugar mixture. Dot with the remaining 2 tablespoons butter.
- ☐ Place the puff pastry over the apples and tuck the sides down around the apples.
- ☐ Sprinkle the 1 tablespoon sugar over the dough.
- ☐ Bake for 25 minutes, or until the crust is golden brown and crisp and the pan juices are bubbling.
- ☐ Let cool in the pan for 10 minutes, then carefully invert onto a rimmed cake plate to serve.
- ☐ Reprinted with permission from The Beekman 1802 Heirloom Dessert Cookbook by Brent Ridge and Josh Kilmer-Purcell and Sandy Gluck, © 2013 Rodale Books

Nutrition Facts



Properties

Glycemic Index:24.76, Glycemic Load:24.72, Inflammation Score:-3, Nutrition Score:4.8617391437292%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg

Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg
Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 352.34kcal (17.62%), Fat: 17.69g (27.22%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 48.33g (16.11%),
Net Carbohydrates: 45.15g (16.42%), Sugar: 30.75g (34.17%), Cholesterol: 15.05mg (5.02%), Sodium: 78.54mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Fiber: 3.18g (12.72%), Selenium: 7.6µg (10.85%), Manganese: 0.2mg (9.98%), Vitamin B1: 0.14mg (9.43%), Vitamin K: 7.92µg (7.54%), Vitamin B2: 0.12mg (7.18%), Vitamin B3: 1.38mg (6.91%), Folate: 27.5µg (6.87%), Vitamin C: 5.22mg (6.32%), Iron: 0.94mg (5.21%),
Vitamin A: 236.47IU (4.73%), Potassium: 144.81mg (4.14%), Vitamin E: 0.53mg (3.55%), Copper: 0.07mg (3.41%), Phosphorus: 32.83mg (3.28%), Magnesium: 10.9mg (2.72%), Vitamin B6: 0.05mg (2.66%), Zinc: 0.22mg (1.45%), Calcium: 12mg (1.2%)