

Tarte Tatin

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 3 pounds to 9 gala apples cored peeled quartered
- ☐ 1 sheet puff pastry frozen (from a 1/4-ounce package)
- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted softened

Equipment

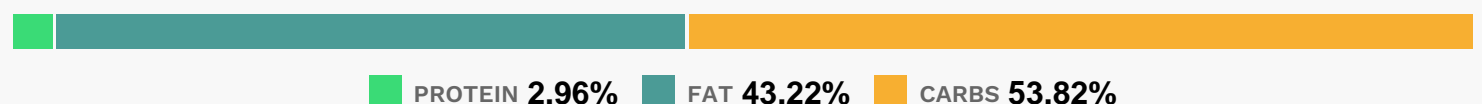
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

- ☐ knife
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Preheat oven to 425°F.
- ☐ Roll pastry sheet into a 10 1/2-inch square on a floured work surface with a floured rolling pin.
- ☐ Brush off excess flour and cut out a 10-inch round with a sharp knife, using a plate as a guide.
- ☐ Transfer round to a baking sheet and chill.
- ☐ Spread butter thickly on bottom and side of skillet and pour sugar evenly over bottom. Arrange as many apples as will fit vertically on sugar, packing them tightly in concentric circles. Apples will stick up above rim of skillet.
- ☐ Cook apples over moderately high heat, undisturbed, until juices are deep golden and bubbling, 18 to 25 minutes. (Don't worry if juices color unevenly.)
- ☐ Put skillet in middle of oven over a piece of foil to catch any drips.
- ☐ Bake 20 minutes (apples will settle slightly), then remove from oven and lay pastry round over apples.
- ☐ Bake tart until pastry is browned, 20 to 25 minutes.
- ☐ Transfer skillet to a rack and cool at least 10 minutes.
- ☐ Just before serving, invert a platter with lip over skillet and, using potholders to hold skillet and plate tightly together, invert tart onto platter. Replace any apples that stick to skillet. (Don't worry if there are black spots; they won't affect the flavor of the tart.)
- ☐ Brush any excess caramel from skillet over apples.
- ☐ Serve immediately.
- ☐ ·Tart can cool in skillet up to 30 minutes. It can also stand, uncovered, up to 5 hours, then be heated over moderately low heat 1 to 2 minutes to loosen caramel. Shake skillet gently to loosen tart before inverting.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:22.41, Inflammation Score:-4, Nutrition Score:5.7178260509087%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 356.18kcal (17.81%), Fat: 17.75g (27.31%), Saturated Fat: 6.64g (41.53%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 45.2g (16.44%), Sugar: 30.4g (33.77%), Cholesterol: 15.25mg (5.08%), Sodium: 78.86mg (3.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Fiber: 4.54g (18.17%), Selenium: 7.56µg (10.8%), Manganese: 0.21mg (10.49%), Vitamin B1: 0.15mg (10.08%), Vitamin C: 7.82mg (9.48%), Vitamin K: 9.17µg (8.73%), Vitamin B2: 0.14mg (7.98%), Folate: 29.2µg (7.3%), Vitamin B3: 1.43mg (7.17%), Potassium: 202.64mg (5.79%), Iron: 1mg (5.53%), Vitamin A: 269.43IU (5.39%), Vitamin E: 0.64mg (4.24%), Copper: 0.08mg (4.14%), Phosphorus: 38.79mg (3.88%), Vitamin B6: 0.08mg (3.82%), Magnesium: 13.55mg (3.39%), Zinc: 0.24mg (1.59%), Calcium: 15.1mg (1.51%), Vitamin B5: 0.11mg (1.12%)