



## Upside-Down Apple Tart

READY IN



40 min.

SERVINGS



40

CALORIES



59 kcal

### Ingredients

- 0.3 cup butter
- 1 Tbsp cornstarch
- 0.5 tsp ground cinnamon
- 3 oz jell-o lemon flavor gelatin
- 1 ready-to-use pie crust refrigerated
- 7 golden delicious apples peeled quartered
- 1 cup cool whip whipped topping thawed

### Equipment

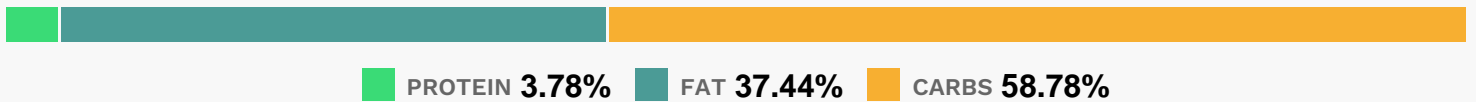
- frying pan

- oven
- knife
- oven mitt

## Directions

- Heat oven to 400F.
- Melt butter in 10-inch ovenproof nonstick skillet on medium-low heat.
- Remove from heat.
- Add dry gelatin mix, cornstarch and cinnamon; stir 2 min. until gelatin is completely dissolved. Arrange single layer of apples, cut sides down, in skillet. Top with any remaining apples.
- Cook on medium-low heat 8 min.; top with pie crust.
- Cut several slits in crust with sharp knife.
- Place in oven.
- Bake 20 min. or until crust is golden brown and apples are tender. Cool 3 min. Using oven mitts, place large serving plate on top of skillet. Carefully turn skillet over onto plate.
- Remove skillet. Slice tart while still warm.
- Serve topped with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:2.17, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:0.92521738455347%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 59.3kcal (2.97%), Fat: 2.56g (3.94%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 8.15g (2.96%), Sugar: 5.59g (6.21%), Cholesterol: 3.09mg (1.03%), Sodium: 38.1mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Fiber: 0.89g (3.56%), Manganese: 0.04mg (1.8%), Vitamin C: 1.47mg (1.78%), Vitamin B1: 0.02mg (1.17%), Potassium: 40.73mg (1.16%), Phosphorus: 11.34mg (1.13%), Vitamin K: 1.18µg (1.12%), Vitamin B2: 0.02mg (1.09%), Vitamin A: 54.18IU (1.08%), Folate: 4.09µg (1.02%)