



Upside Down Pear and Apple Tart

READY IN



45 min.

SERVINGS



8

CALORIES



680 kcal

DESSERT

Ingredients

- ☐ 3 bartlett pears
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 gala apples
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 package puff pastry frozen
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 5 tablespoons butter unsalted
- ☐ 8 servings whipped cream

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ tart form

Directions

- ☐ Preheat oven to 400F.
- ☐ Remove puff pastry from freezer to defrost.
- ☐ Peel, core and quarter apples and pears. Toss with lemon juice.
- ☐ Cream together butter, sugar, ginger and salt.
- ☐ Spread mixture on bottom and sides of a 10-inch round thick-bottomed flameproof and ovenproof baking pan or skillet.
- ☐ Place apple and pear wedges skinned side down in alternating concentric circles on top of butter mixture. (
- ☐ Cut any extra pieces to fill in gaps and pack tightly since tart will shrink when baked.)
- ☐ Place pan over medium-high heat and cook fruit for about 20 minutes or until butter mixture begins to brown.
- ☐ Remove pan from heat; cool slightly.
- ☐ On a floured surface, lightly roll out one sheet of puff pastry and cut out a 10-inch round using base of a 10-inch tart pan or a stencil. Using a fork, poke holes all over pastry.
- ☐ Place pastry on top of fruit in pan, tucking in outer edges to seal.
- ☐ Bake tart until pastry turns golden, about 30 minutes.
- ☐ Place a plate over top of pan and, holding plate firmly, invert pan quickly onto plate; remove pan.
- ☐ Serve warm with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:41.58, Inflammation Score:-5, Nutrition Score:10.916956466177%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 680.08kcal (34%), Fat: 37.99g (58.44%), Saturated Fat: 14.9g (93.16%), Carbohydrates: 79.66g (26.55%), Net Carbohydrates: 74.54g (27.11%), Sugar: 44.76g (49.73%), Cholesterol: 47.85mg (15.95%), Sodium: 280.61mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Selenium: 16.27µg (23.25%), Vitamin B2: 0.37mg (21.99%), Fiber: 5.12g (20.47%), Vitamin B1: 0.29mg (19.47%), Manganese: 0.36mg (17.82%), Folate: 58.24µg (14.56%), Vitamin B3: 2.81mg (14.07%), Vitamin K: 14.71µg (14.01%), Phosphorus: 123.6mg (12.36%), Vitamin A: 552.91IU (11.06%), Calcium: 103.38mg (10.34%), Iron: 1.86mg (10.31%), Vitamin C: 7.97mg (9.66%), Potassium: 319.09mg (9.12%), Copper: 0.16mg (8.03%), Magnesium: 27.24mg (6.81%), Vitamin E: 0.94mg (6.28%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.47mg (4.69%), Vitamin B6: 0.09mg (4.66%), Vitamin B12: 0.27µg (4.54%), Vitamin D: 0.26µg (1.75%)