



Apple Cheddar and Spice Cookie Tart

READY IN



120 min.

SERVINGS



16

CALORIES



261 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 1 teaspoon apple pie spice
- 0.5 cup butter cold cut into pieces
- 0.8 cup pecans chopped
- 0.5 cup cheddar cheese shredded finely
- 1 egg whites
- 21 oz peach pie filling with more fruit canned

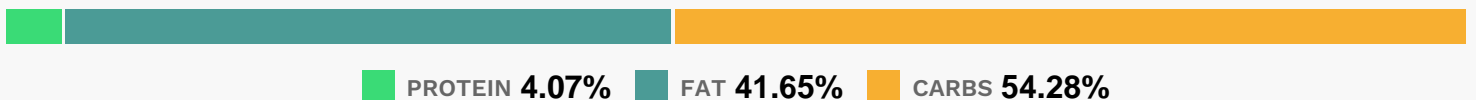
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- tart form

Directions

- Heat oven to 350°F.
- Place cookie sheet in oven. Spray 10-inch tart pan with removable bottom with cooking spray. In large bowl, stir cookie mix and apple pie spice until blended.
- Cut in butter using pastry blender or fork until mixture is crumbly. Reserve 1 cup of the crumb mixture in a small bowl; stir in pecans and cheese.
- To remaining crumb mixture in large bowl, stir in egg white until soft dough forms. Press dough in bottom and up sides of tart pan.
- Place apple pie filling in medium bowl. Using knife, cut apples into small pieces. Spoon apple mixture evenly over cookie dough crust.
- Sprinkle reserved crumb mixture over apples.
- Place tart pan on cookie sheet in oven.
- Bake 40 to 45 minutes or until edges are golden brown and topping is set. Cool completely, about 1 hour. To serve, remove sides of pan; cut into wedges. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.31, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.6073913023524%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 261.16kcal (13.06%), Fat: 12.32g (18.95%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 35.25g (12.82%), Sugar: 19.76g (21.96%), Cholesterol: 3.53mg (1.18%), Sodium: 199.24mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Manganese: 0.26mg (13.02%), Vitamin A: 301.24IU (6.02%), Copper: 0.08mg (4.2%), Vitamin B1: 0.06mg (3.92%), Fiber: 0.88g (3.52%), Phosphorus: 34.99mg (3.5%), Calcium: 33.14mg (3.31%), Vitamin B2: 0.05mg (2.82%), Zinc: 0.38mg (2.53%), Selenium: 1.69µg (2.42%), Vitamin E: 0.34mg (2.23%), Magnesium: 8.47mg (2.12%), Iron: 0.38mg (2.11%), Folate: 7µg (1.75%), Potassium: 47.28mg (1.35%), Vitamin B3: 0.21mg (1.03%), Vitamin B6: 0.02mg (1.02%)