

## Bakery Fruit Tart

READY IN



85 min.

SERVINGS



16

CALORIES



245 kcal

DESSERT

### Ingredients

- 16 ounce apricots drained canned
- 1 tablespoon cornstarch
- 0.8 cup half and half
- 5.1 ounce vanilla pudding instant
- 0.5 juice of lime juiced
- 2 kiwi fruit peeled sliced
- 15 ounce mandarin orange segments drained canned
- 1.5 cups milk
- 1 quart strawberries fresh hulled halved

- 2 9-inch pie crust dough
- 1 teaspoon vanilla extract
- 1 tablespoon water
- 0.3 cup granulated sugar white

## Equipment

- bowl
- sauce pan
- oven
- whisk
- aluminum foil
- pie form

## Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Place each pie crust into a 9-inch pie dish, and line pastry with a double layer of aluminum foil and a layer of pie weights or dried beans.
- Bake in the preheated oven until edges of crusts are golden, about 10 minutes. Carefully remove the foil and weights and bake until the crusts have set, about 5 minutes more.
- Remove from oven; set aside to cool.
- Bring 3/4 cup water, lime juice, sugar, and the reserved liquid from the mandarin oranges to a simmer in a saucepan over medium heat.
- Mix cornstarch and 1 tablespoon water in a small bowl; stir into the saucepan. Continue simmering until syrup has thickened.
- Remove from heat; set aside.
- Whisk the milk, half-and-half, and vanilla extract into the vanilla pudding mix in a large bowl. Allow the pudding to thicken for 5 minutes before spreading evenly into the baked pie crusts. Arrange the strawberries, kiwis, apricots, and mandarin orange segments decoratively on the pudding.
- Drizzle the prepared glaze thoroughly over each pie. Chill in refrigerator before serving.

# Nutrition Facts

PROTEIN 6.07% FAT 32.34% CARBS 61.59%

## Properties

Glycemic Index:17.78, Glycemic Load:6.95, Inflammation Score:-7, Nutrition Score:9.6478260755539%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 245.19kcal (12.26%), Fat: 9.02g (13.88%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 35.4g (12.87%), Sugar: 21.26g (23.62%), Cholesterol: 6.72mg (2.24%), Sodium: 177.38mg (7.71%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 3.81g (7.61%), Vitamin C: 53.59mg (64.96%), Manganese: 0.38mg (19.25%), Vitamin A: 821.93IU (16.44%), Fiber: 3.26g (13.03%), Folate: 41.89µg (10.47%), Potassium: 307.45mg (8.78%), Vitamin K: 8.87µg (8.45%), Vitamin B1: 0.13mg (8.43%), Phosphorus: 82.17mg (8.22%), Vitamin B2: 0.14mg (7.94%), Calcium: 72.67mg (7.27%), Vitamin B3: 1.25mg (6.27%), Iron: 1.09mg (6.05%), Magnesium: 23.29mg (5.82%), Vitamin E: 0.78mg (5.21%), Vitamin B6: 0.1mg (5.17%), Copper: 0.1mg (4.99%), Vitamin B5: 0.44mg (4.41%), Selenium: 2.65µg (3.79%), Zinc: 0.43mg (2.85%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.25µg (1.68%)