



Beautifully Easy Fruit Tart

READY IN



45 min.

SERVINGS



9

CALORIES



283 kcal

DESSERT

Ingredients

- 3 tablespoons apricot preserves
- 1 square chocolate white melted
- 11 ounce mandarin oranges drained canned
- 3.4 ounce jell-o vanilla flavor pudding instant
- 1 kiwi fruit peeled halved sliced
- 1 cup milk cold
- 1 sheet puff pastry frozen thawed
- 1 cup strawberries quartered
- 2 teaspoons water

1 cup non-dairy whipped topping thawed

Equipment

bowl

baking sheet

oven

whisk

Directions

Heat oven to 400 degrees F.

Unroll pastry on baking sheet. Fold over edges of pastry to form 1/2-inch rim; press firmly together to seal. Prick pastry sheet with fork.

Bake 10 to 15 min. or until puffed and golden brown. Cool completely.

Place on serving tray.

Beat pudding mix and milk in large bowl with whisk 2 min. Stir in COOL WHIP; spread onto pastry.

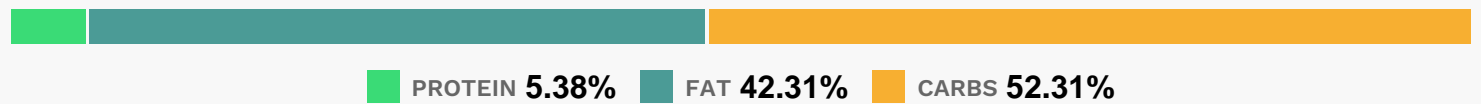
Arrange fruit over pudding mixture.

Mix preserves and water; brush onto fruit.

Drizzle with melted chocolate.

Let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:9.41, Inflammation Score:-5, Nutrition Score:7.1543477566346%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg,

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Nutrients (% of daily need)

Calories: 283.17kcal (14.16%), Fat: 13.53g (20.81%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 36.09g (13.12%), Sugar: 21.31g (23.68%), Cholesterol: 4.1mg (1.37%), Sodium: 160.11mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin C: 29.31mg (35.53%), Selenium: 7.9µg (11.29%), Vitamin B1: 0.16mg (10.95%), Vitamin A: 530.31IU (10.61%), Manganese: 0.21mg (10.47%), Vitamin K: 9.45µg (9%), Vitamin B2: 0.15mg (8.86%), Folate: 29.98µg (7.49%), Vitamin B3: 1.45mg (7.26%), Phosphorus: 67.06mg (6.71%), Fiber: 1.54g (6.15%), Calcium: 60.56mg (6.06%), Iron: 0.94mg (5.21%), Potassium: 173.8mg (4.97%), Magnesium: 16.37mg (4.09%), Copper: 0.08mg (3.93%), Zinc: 0.51mg (3.43%), Vitamin E: 0.47mg (3.14%), Vitamin B12: 0.18µg (3.02%), Vitamin B6: 0.06mg (2.78%), Vitamin D: 0.3µg (1.99%), Vitamin B5: 0.16mg (1.61%)