



Beautifully Easy Fruit Tart

READY IN



45 min.

SERVINGS



45

CALORIES



57 kcal

DESSERT

Ingredients

- 3 Tbsp apricot preserves
- 1 oz baker's chocolate white
- 11 oz mandarin orange segments drained canned
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 kiwi fruit peeled sliced
- 1 cup milk cold
- 1 sheet puff pastry frozen thawed ()
- 1 cup strawberries fresh quartered
- 2 tsp water

1 cup cool whip whipped topping thawed

Equipment

bowl

baking sheet

oven

whisk

Directions

Heat oven to 400F.

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

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

Place on tray.

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

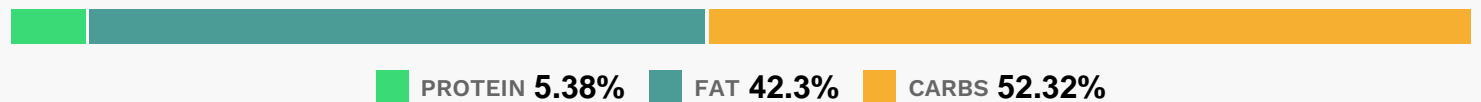
Melt chocolate as directed on package. Arrange fruit over pudding mixture.

Mix preserves and water; brush onto fruit.

Drizzle with chocolate.

Let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:1.88, Inflammation Score:-1, Nutrition Score:1.4304347854594%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg,

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Nutrients (% of daily need)

Calories: 56.56kcal (2.83%), Fat: 2.7g (4.16%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.25g (4.73%), Cholesterol: 0.82mg (0.27%), Sodium: 32.01mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin C: 5.86mg (7.11%), Selenium: 1.58µg (2.26%), Vitamin B1: 0.03mg (2.19%), Vitamin A: 106.06IU (2.12%), Manganese: 0.04mg (2.09%), Vitamin K: 1.89µg (1.8%), Vitamin B2: 0.03mg (1.77%), Folate: 5.99µg (1.5%), Vitamin B3: 0.29mg (1.45%), Phosphorus: 13.39mg (1.34%), Fiber: 0.31g (1.23%), Calcium: 12.08mg (1.21%), Iron: 0.19mg (1.04%)