



Berry Cream Tart

READY IN



27 min.

SERVINGS



6

CALORIES



453 kcal

DESSERT

Ingredients

- ☐ 1 cup blackberries fresh
- ☐ 0.5 cup blueberries fresh
- ☐ 0.5 cup brown sugar
- ☐ 1 cantaloupe (with vegetable peeler)
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup raspberries fresh
- ☐ 1 pie crust dough refrigerated

- ☐ 0.3 cup cream sour
- ☐ 1 teaspoon vanilla extract

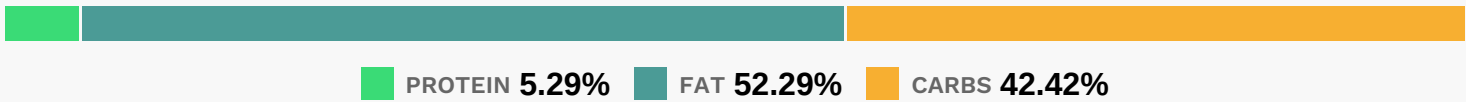
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Bake pie crust in a 4- x 14-inch tart pan according to package directions until golden; cool completely on wire rack.
- ☐ Beat sour cream and next 5 ingredients in a large bowl.
- ☐ Spread mixture evenly into cooled pastry shell. Arrange berries on top.
- ☐ Garnish, if desired. Chill 2 hours for easiest slicing.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:6.27, Inflammation Score:-10, Nutrition Score:13.323043636654%

Flavonoids

Cyanidin: 34.19mg, Cyanidin: 34.19mg, Cyanidin: 34.19mg, Cyanidin: 34.19mg Petunidin: 3.95mg, Petunidin: 3.95mg, Petunidin: 3.95mg, Petunidin: 3.95mg Delphinidin: 4.63mg, Delphinidin: 4.63mg, Delphinidin: 4.63mg, Delphinidin: 4.63mg Malvidin: 8.36mg, Malvidin: 8.36mg, Malvidin: 8.36mg, Malvidin: 8.36mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 2.58mg, Peonidin: 2.58mg, Peonidin: 2.58mg, Peonidin: 2.58mg Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg, Catechin: 9.81mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.61mg,

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 452.51kcal (22.63%), Fat: 26.91g (41.41%), Saturated Fat: 13.58g (84.86%), Carbohydrates: 49.13g (16.38%), Net Carbohydrates: 44.8g (16.29%), Sugar: 30.67g (34.08%), Cholesterol: 56.92mg (18.97%), Sodium: 274.62mg (11.94%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 6.12g (12.25%), Vitamin A: 3909.67IU (78.19%), Vitamin C: 23.61mg (28.62%), Manganese: 0.51mg (25.65%), Fiber: 4.33g (17.31%), Vitamin K: 14.55µg (13.85%), Vitamin B2: 0.22mg (12.96%), Folate: 49.4µg (12.35%), Selenium: 7.57µg (10.82%), Phosphorus: 105.68mg (10.57%), Vitamin B1: 0.15mg (10.22%), Potassium: 356.31mg (10.18%), Calcium: 98.07mg (9.81%), Copper: 0.18mg (9.21%), Vitamin B3: 1.81mg (9.05%), Iron: 1.6mg (8.91%), Magnesium: 33.55mg (8.39%), Vitamin E: 1.17mg (7.83%), Zinc: 1.03mg (6.85%), Vitamin B5: 0.67mg (6.73%), Vitamin B6: 0.12mg (5.77%), Vitamin B12: 0.13µg (2.1%), Vitamin D: 0.16µg (1.06%)