



## Berry Fruit Tart

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



75 kcal

DESSERT

### Ingredients

- 2 Tbsp apple jelly cooled melted
- 2 Tbsp apple juice
- 3 cups poached berries assorted sliced (blackberries, raspberries and strawberries)
- 8 oz philadelphia cream cheese softened
- 0.3 cup powdered sugar
- 1 puff pastry frozen

### Equipment

- bowl

- baking sheet
- oven
- wire rack
- rolling pin

## Directions

- Preheat oven to 400F. Thaw pastry sheet at room temperature 30 minutes. Unfold pastry on lightly floured surface; roll into 14x10-inch rectangle with rolling pin.
- Place pastry on large baking sheet; brush edges with water. Fold over 1/2 inch around all sides and press firmly into bottom of pastry to form rim. Pierce pastry thoroughly with fork.
- Bake 15 minutes or until golden brown, breaking any large air bubbles with fork after 10 minutes. Cool completely on wire rack.
- Beat cream cheese, sugar and apple juice in medium bowl until well blended; spread onto pastry. Top with berries.
- Brush melted jelly over fruit just before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.82, Glycemic Load:2.4, Inflammation Score:-2, Nutrition Score:1.8026086875926%

## Flavonoids

Cyanidin: 12.34mg, Cyanidin: 12.34mg, Cyanidin: 12.34mg, Cyanidin: 12.34mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 74.57kcal (3.73%), Fat: 4.96g (7.63%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 5.95g (2.16%), Sugar: 2.65g (2.95%), Cholesterol: 6.54mg (2.18%), Sodium: 38.32mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Manganese: 0.12mg (5.79%), Vitamin K: 3.71µg (3.53%), Selenium: 2.33µg (3.33%), Vitamin C: 2.7mg (3.27%), Fiber: 0.77g (3.09%), Folate: 9.25µg (2.31%), Vitamin B2: 0.04mg (2.3%), Vitamin A: 113.52IU (2.27%), Vitamin B1: 0.03mg (2.15%), Vitamin B3: 0.38mg (1.89%), Vitamin E: 0.24mg (1.6%), Copper: 0.03mg (1.54%), Iron: 0.27mg (1.5%), Phosphorus: 14.13mg (1.41%), Calcium: 10.87mg (1.09%), Magnesium: 4.26mg (1.07%)