



Blueberry & Peach Cream Tart

READY IN



150 min.

SERVINGS



30

CALORIES



105 kcal

DESSERT

Ingredients

- 2 cups blueberries fresh
- 0.5 cup butter softened
- 8 oz philadelphia cream cheese divided softened
- 1.5 cups flour
- 2 tsp juice of lemon
- 2 cups peaches fresh sliced
- 0.7 cup powdered sugar divided
- 1.5 cups cool whip whipped topping thawed

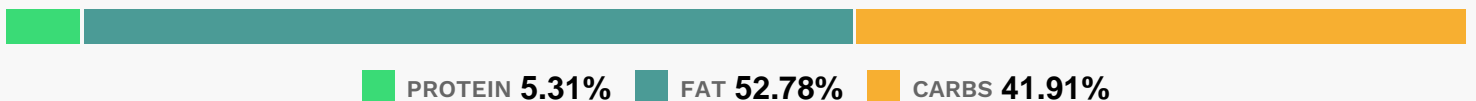
Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- plastic wrap
- tart form

Directions

- Use pulsing action to process flour, butter and 4 oz. cream cheese in food processor until mixture forms soft dough. Shape into ball; flatten to 1-inch-thick disk. Wrap tightly in plastic wrap. Refrigerate 1 hour.
- Meanwhile, beat remaining cream cheese in small bowl with mixer 1 min. or until creamy.
- Add 1/3 cup sugar; mix well. Blend in COOL WHIP. Refrigerate until ready to use.
- Heat oven to 325F.
- Roll dough into 14-inch round on lightly floured surface. Use to line 11-inch tart pan with removable bottom.
- Bake 35 to 40 min. or until golden brown; cool completely.
- Transfer crust from pan to serving plate.
- Toss fruit with 1/4 cup of the remaining sugar and lemon juice.
- Spread cream cheese mixture onto bottom of crust; top with fruit and remaining sugar.

Nutrition Facts



Properties

Glycemic Index:7.74, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:2.0695652210194%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 105.12kcal (5.26%), Fat: 6.28g (9.67%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 10.67g (3.88%), Sugar: 5.65g (6.28%), Cholesterol: 15.84mg (5.28%), Sodium: 52.38mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin A: 237.67IU (4.75%), Selenium: 3.14µg (4.48%), Manganese: 0.08mg (4.15%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.06mg (3.57%), Folate: 13.62µg (3.4%), Vitamin K: 2.77µg (2.64%), Vitamin B3: 0.51mg (2.53%), Fiber: 0.56g (2.24%), Phosphorus: 21.99mg (2.2%), Vitamin E: 0.31mg (2.05%), Iron: 0.37mg (2.04%), Vitamin C: 1.51mg (1.83%), Calcium: 12.89mg (1.29%), Copper: 0.02mg (1.23%), Potassium: 41.88mg (1.2%), Vitamin B5: 0.1mg (1.03%)