



Blueberry Tart

 Popular

READY IN



270 min.

SERVINGS



10

CALORIES



309 kcal

DESSERT

Ingredients

- 4 cups blueberries fresh divided
- 7 Tbsp butter divided
- 2 Tbsp cornstarch
- 10 servings ice cubes
- 3 oz jell-o lemon flavor gelatin
- 1 lemon zest divided
- 0.5 cup sugar divided
- 1.5 cups vanilla wafers crushed finely

- 0.8 cup water boiling
- 0.8 cup water cold divided
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- sauce pan
- oven
- whisk
- tart form

Directions

- Heat oven to 350F.
- Reserve 1 Tbsp. butter. Melt remaining butter; mix with wafer crumbs. Press onto bottom and up side of 9-inch tart pan with removable bottom.
- Bake 10 min. or until golden brown.
- Bring 1-1/2 cups blueberries, 1/2 cup sugar and 1 Tbsp. cold water to boil in saucepan, stirring constantly. Dissolve cornstarch in 3 Tbsp. of the remaining cold water; whisk into blueberry mixture. Simmer on low heat 2 min. or until thickened, stirring constantly.
- Remove from heat.
- Add reserved butter; stir until melted. Reserve 1/2 tsp. lemon zest and 1 tsp. juice. Stir remaining zest and juice into blueberry mixture; pour into crust.
- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add enough ice to remaining cold water to measure 1 cup.
- Add to gelatin; stir until slightly thickened.
- Remove any unmelted ice.
- Whisk 1 cup COOL WHIP into gelatin. Refrigerate 15 min. or until gelatin mixture is thick enough to mound. Stir in 1-1/2 cups of the remaining blueberries; spoon over blueberry layer in crust.
- Refrigerate 4 hours or until firm. Top pie with remaining COOL WHIP. Toss remaining blueberries with reserved lemon zest, juice and remaining sugar; spoon over pie.

Nutrition Facts

PROTEIN 3.19% FAT 39.97% CARBS 56.84%

Properties

Glycemic Index:23.71, Glycemic Load:18.96, Inflammation Score:-4, Nutrition Score:3.9182608879131%

Flavonoids

Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 309.33kcal (15.47%), Fat: 14.13g (21.74%), Saturated Fat: 8.63g (53.93%), Carbohydrates: 45.22g (15.07%), Net Carbohydrates: 43.49g (15.81%), Sugar: 33.79g (37.55%), Cholesterol: 21.99mg (7.33%), Sodium: 191.65mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 12.85µg (12.24%), Manganese: 0.2mg (10.05%), Vitamin C: 6.52mg (7.9%), Fiber: 1.73g (6.92%), Vitamin B1: 0.1mg (6.46%), Vitamin A: 297.45IU (5.95%), Vitamin B2: 0.09mg (5.4%), Folate: 19.38µg (4.85%), Vitamin E: 0.68mg (4.55%), Phosphorus: 45.47mg (4.55%), Vitamin B3: 0.71mg (3.53%), Copper: 0.06mg (3.14%), Calcium: 25.98mg (2.6%), Potassium: 86.54mg (2.47%), Selenium: 1.38µg (1.97%), Vitamin B6: 0.04mg (1.84%), Magnesium: 6.56mg (1.64%), Iron: 0.22mg (1.22%), Vitamin B12: 0.06µg (1.04%)