



Cheesecake Tart with Tropical Fruits

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



461 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 0.3 cup apple jelly
- 16 ounce cream cheese room temperature
- 1 large eggs
- 1 large egg yolk
- 2 tablespoons water ()
- 2 kiwi fruit peeled cut into 1/4-inch-thick rounds
- 1 large mangos diced pitted ripe peeled halved

- 3 small red-fleshed papayas peeled halved seeded cut lengthwise into 1/4-inch-thick slices
- 0.1 teaspoon salt
- 0.5 cup cream sour
- 0.7 cup sugar
- 10 tablespoons butter unsalted chilled cut into 1/2-inch pieces ()
- 0.3 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer
- tart form

Directions

- Combine flour, sugar and salt in processor.
- Add butter and cut in, using on/off turns, until mixture resembles coarse meal.
- Whisk 2 tablespoons ice water and egg yolk in small bowl.
- Add to dry ingredients and blend just until soft moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic and refrigerate 1 hour.
- Preheat oven to 375°F.
- Roll out dough on lightly floured surface to 13- to 14-inch round.
- Transfer dough to 11-inch-diameter tart pan with removable bottom. Press in overhang, forming double-thick sides. Pierce crust all over with fork. Freeze crust 30 minutes.
- Bake until golden brown, pressing with back of fork if crust bubbles or slips, about 30 minutes.
- Transfer crust to rack.

- Spread jelly over bottom of crust and cool. Reduce oven temperature to 350°F.
- Using electric mixer, beat cream cheese in large bowl until smooth.
- Add sugar and beat until light and fluffy. Beat in egg, then vanilla.
- Add sour cream and beat just to blend.
- Pour filling into tart crust.
- Bake until filling is slightly puffed and center moves slightly when pan is gently shaken, about 35 minutes.
- Transfer to rack and cool completely. Refrigerate until cold, at least 4 hours. (Can be prepared 1 day ahead. Cover and keep refrigerated.)
- Melt jelly in heavy small saucepan over low heat.
- Brush over top of cheesecake. Overlap papaya slices atop tart in circle. Arrange kiwis in overlapping slices in center.
- Sprinkle mango around edge. Spoon pulp of passion fruits into center of tart, if desired.
- Serve immediately or refrigerate up to 3 hours.

Nutrition Facts

PROTEIN 5.47% **FAT 58.49%** **CARBS 36.04%**

Properties

Glycemic Index:33.15, Glycemic Load:26, Inflammation Score:-7, Nutrition Score:9.3865217540575%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 461.16kcal (23.06%), Fat: 30.51g (46.93%), Saturated Fat: 17.89g (111.8%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 40.81g (14.84%), Sugar: 24.12g (26.8%), Cholesterol: 119.66mg (39.89%), Sodium: 189.02mg

(8.22%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 6.42g (12.85%), Vitamin C: 22.16mg (26.86%), Vitamin A: 1322.74IU (26.45%), Selenium: 13.72µg (19.6%), Vitamin B2: 0.27mg (16.15%), Folate: 59.01µg (14.75%), Vitamin B1: 0.18mg (11.86%), Phosphorus: 108.19mg (10.82%), Vitamin K: 10.39µg (9.9%), Vitamin E: 1.3mg (8.66%), Manganese: 0.17mg (8.61%), Calcium: 77.51mg (7.75%), Vitamin B3: 1.38mg (6.9%), Iron: 1.19mg (6.61%), Vitamin B5: 0.6mg (5.99%), Fiber: 1.48g (5.93%), Potassium: 184.7mg (5.28%), Copper: 0.1mg (5.09%), Vitamin B6: 0.09mg (4.55%), Magnesium: 15.72mg (3.93%), Vitamin B12: 0.23µg (3.76%), Zinc: 0.56mg (3.76%), Vitamin D: 0.4µg (2.68%)