



Cheesecake Tart with Tropical Fruits

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



512 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 fruit halved
- ☐ 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

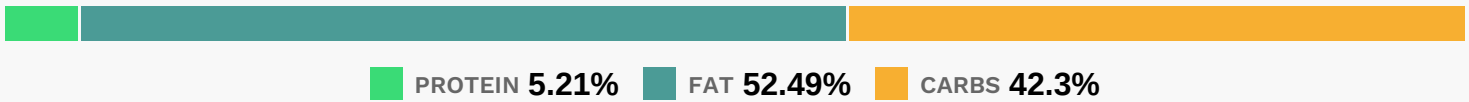
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ tart form

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



Properties

Glycemic Index:33.15, Glycemic Load:26, Inflammation Score:-8, Nutrition Score:10.885217355645%

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: 512.46kcal (25.62%), Fat: 30.6g (47.07%), Saturated Fat: 17.9g (111.86%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 52.55g (19.11%), Sugar: 34.25g (38.05%), Cholesterol: 119.66mg (39.89%), Sodium: 193.52mg (8.41%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 6.84g (13.67%), Vitamin A: 1594.54IU (31.89%), Vitamin C: 24.14mg (29.26%), Selenium: 13.72µg (19.6%), Vitamin B2: 0.3mg (17.42%), Folate: 60.81µg (15.2%), Vitamin K: 14.53µg (13.84%), Vitamin B1: 0.19mg (12.58%), Phosphorus: 118.99mg (11.9%), Fiber: 2.92g (11.69%), Manganese: 0.2mg (9.83%), Vitamin B3: 1.73mg (8.66%), Vitamin E: 1.3mg (8.66%), Copper: 0.17mg (8.47%), Calcium: 82.01mg (8.2%), Iron: 1.47mg (8.16%), Potassium: 264.8mg (7.57%), Vitamin B5: 0.64mg (6.36%), Vitamin B6: 0.11mg (5.27%), Magnesium: 20.22mg (5.06%), Zinc: 0.64mg (4.3%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.4µg (2.68%)