

Cherry-Apricot Cream Cheese Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

Ingredients

- 1 tablespoon flour
- 0.5 cup apricot preserves
- 4 large apricots pitted halved cut into 1/4-inch slices
- 12 ounces cherries fresh pitted halved
- 1 tablespoon cornstarch
- 8 ounce cream cheese room temperature
- 1 large egg yolk
- 2 large egg yolk

- 1 teaspoon orange zest grated
- 0.5 cup powdered sugar
- 0.1 teaspoon salt
- 0.5 cup sugar
- 6 tablespoons butter unsalted chilled cut into 1/2-inch pieces ()
- 0.8 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- aluminum foil
- tart form

Directions

- Blend flour, sugar and salt in processor.
- Add butter and process, using on/off turns, until mixture resembles very coarse meal.
- Add yolk and process until moist clumps form. Gather dough into ball; flatten into disk. Wrap in plastic; chill 1 hour. (Can be prepared 1 day ahead. Keep chilled.)
- Let soften slightly at room temperature before rolling out.)
- Beat cream cheese and orange peel in medium bowl to blend.
- Whisk sugar, yolks, cornstarch and flour in small bowl until smooth. Bring milk to simmer in saucepan. Gradually whisk hot milk into yolk mixture; return to same pan.
- Whisk over low heat until custard thickens and boils. Cool custard 15 minutes. Beat barely warm custard into cream cheese mixture. Press plastic wrap directly onto surface of filling; chill until cold, at least 3 hours and up to 1 day.
- Roll out dough on lightly floured surface to 12-inch round.

- Transfer to 9-inch-diameter tart pan with removable bottom. Press dough gently into place; trim excess dough. Freeze 30 minutes.
- Preheat oven to 400°F. Line crust with foil; fill with dried beans or pie weights.
- Bake crust 10 minutes.
- Remove foil and beans. Reduce oven temperature to 375°F.
- Bake crust until golden, piercing with fork if bottom bubbles, about 5 minutes. Cool crust in pan on rack.
- Spread cream cheese filling over crust. Arrange cherries, cut side down, in 2 concentric circles around edge of tart. Arrange apricots in middle of tart, overlapping slightly.
- Place any remaining cherries in center. Stir preserves in saucepan over low heat until beginning to melt. Strain into small bowl.
- Brush enough preserves over fruit to glaze.
- Serve immediately or chill up to 6 hours.

Nutrition Facts

■ PROTEIN **4.77%** ■ FAT **49.9%** ■ CARBS **45.33%**

Properties

Glycemic Index:34.22, Glycemic Load:12.04, Inflammation Score:-6, Nutrition Score:5.9039130314537%

Flavonoids

Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg, Cyanidin: 12.85mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 364.5kcal (18.23%), Fat: 20.92g (32.19%), Saturated Fat: 12.18g (76.12%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 41.41g (15.06%), Sugar: 35.5g (39.44%), Cholesterol: 122.8mg (40.93%), Sodium: 144.74mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin A: 1167.74IU (23.35%), Selenium:

7.33µg (10.47%), Vitamin B2: 0.17mg (9.82%), Phosphorus: 95.41mg (9.54%), Calcium: 77.93mg (7.79%), Vitamin C: 6.37mg (7.72%), Potassium: 234.29mg (6.69%), Vitamin B5: 0.58mg (5.84%), Vitamin E: 0.87mg (5.79%), Vitamin B12: 0.33µg (5.47%), Fiber: 1.35g (5.39%), Vitamin D: 0.75µg (5.02%), Folate: 17.39µg (4.35%), Vitamin B6: 0.09mg (4.33%), Vitamin B1: 0.06mg (3.7%), Copper: 0.07mg (3.47%), Magnesium: 13.14mg (3.28%), Manganese: 0.06mg (3.25%), Zinc: 0.48mg (3.17%), Iron: 0.56mg (3.12%), Vitamin K: 2.92µg (2.78%), Vitamin B3: 0.29mg (1.45%)