



Cherry Berry Tart

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



346 kcal

Ingredients

- ☐ 1 cup blueberries
- ☐ 21 oz cherry pie filling canned
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 1 cup strawberries halved
- ☐ 8 servings whipped cream

Equipment

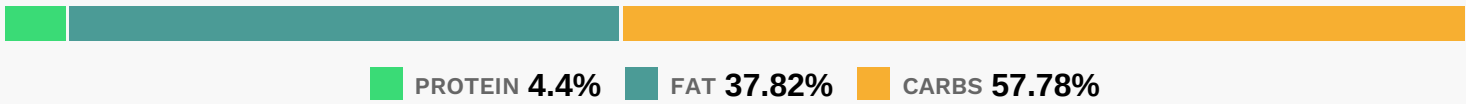
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ tart form

Directions

- ☐ Heat oven to 450F. Prepare pie crust according to package directions for unfilled one-crust pie using 9-inch tart pan with removable bottom.
- ☐ Place crust in pan; press in bottom and up sides of pan. Trim edges if necessary. Generously prick crust with fork.
- ☐ Bake at 450F. for 9 to 11 minutes or until light golden brown. Cool completely.
- ☐ In large bowl, gently combine all filling ingredients except whipped cream. Spoon into cooled, baked crust. Refrigerate at least 1 hour.
- ☐ Remove sides of pan.
- ☐ Garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:1.72, Inflammation Score:-4, Nutrition Score:6.3091304483621%

Flavonoids

Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg, Cyanidin: 1.87mg Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg, Petunidin: 5.85mg Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg, Delphinidin: 6.61mg Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg, Malvidin: 12.51mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg, Peonidin: 3.76mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 345.81kcal (17.29%), Fat: 14.54g (22.36%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 47.46g (17.26%), Sugar: 3.2g (3.56%), Cholesterol: 4.56mg (1.52%), Sodium: 218.74mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Manganese: 0.38mg (18.75%), Vitamin C: 15.06mg (18.25%), Vitamin B1: 0.17mg (11.3%), Folate: 43.59µg (10.9%), Fiber: 2.5g (10%), Iron: 1.61mg (8.93%), Vitamin B3: 1.61mg (8.03%), Vitamin K: 7.73µg (7.36%), Vitamin B2: 0.11mg (6.61%), Phosphorus: 59.04mg (5.9%), Copper: 0.12mg (5.84%), Potassium: 177.24mg (5.06%), Selenium: 3.32µg (4.75%), Magnesium: 16.82mg (4.2%), Vitamin A: 206.31IU (4.13%), Vitamin B6: 0.07mg (3.65%), Vitamin B5: 0.31mg (3.13%), Vitamin E: 0.43mg (2.84%), Calcium: 27.74mg (2.77%), Zinc: 0.34mg (2.26%)