



Chocolate Wafer Fruit "Tart

READY IN



270 min.

SERVINGS



12

CALORIES



206 kcal

Ingredients

- 0.3 cup apricot preserves
- 28 chocolate wafers such as nabisco famous divided
- 3 cups cut-up fruit fresh canned drained sliced (mandarin orange segents, kiwi, strawberries)
- 2 Tbsp butter melted
- 1 cup milk
- 4.6 oz jell-o vanilla flavor cook & serve pudding
- 0.5 cup whipping cream

Equipment

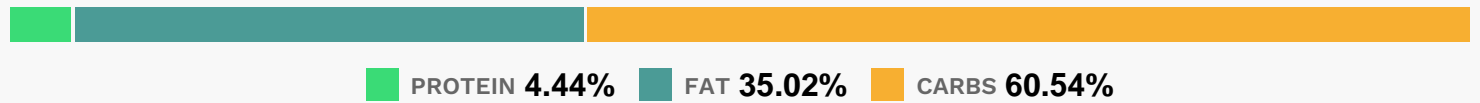
- sauce pan

- oven
- springform pan

Directions

- Heat oven to 350F.
- Cut 10 wafers in half. Finely crush remaining wafers; mix with margarine. Press onto bottom of 9-inch springform pan. Stand halved wafers around edge of pan, overlapping edges slightly and pressing cut sides firmly into crumbs to secure.
- Bake 5 min.; cool.
- Bring pudding mix, milk and cream to full rolling boil in saucepan on medium heat, stirring constantly.
- Pour into crust. Refrigerate 3 hours.
- Top with fruit.
- Heat preserves until melted; spoon over fruit. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.79, Glycemic Load:7.52, Inflammation Score:-5, Nutrition Score:4.5686956255332%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 4.88mg, Naringenin: 4.88mg, Naringenin: 4.88mg, Naringenin: 4.88mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 206.24kcal (10.31%), Fat: 8.3g (12.78%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 30.87g (11.23%), Sugar: 23.15g (25.72%), Cholesterol: 13.93mg (4.64%), Sodium: 186.22mg (8.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin C: 13.66mg (16.56%), Vitamin A: 609.32IU (12.19%), Vitamin B2: 0.11mg (6.19%), Manganese: 0.12mg (6.04%), Fiber: 1.44g (5.75%), Calcium: 56.49mg (5.65%), Phosphorus: 55.47mg (5.55%), Copper: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.69%), Potassium: 158.46mg (4.53%), Magnesium: 16.74mg (4.18%), Iron: 0.69mg (3.81%), Folate: 14.87µg (3.72%), Vitamin B6: 0.06mg (3.13%), Vitamin B3: 0.61mg (3.07%), Vitamin B5: 0.26mg (2.63%), Vitamin D: 0.38µg (2.55%), Vitamin E: 0.38mg (2.54%),

Selenium: 1.76µg (2.51%), Vitamin B12: 0.14µg (2.34%), Zinc: 0.3mg (2%)