



## Easy Fresh Fruit Tart

 Gluten Free

READY IN



185 min.

SERVINGS



8

CALORIES



313 kcal

DESSERT

### Ingredients

- 0.5 cup apple jelly melted
- 0.3 cup butter softened
- 3 oz cream cheese softened
- 1 eggs
- 4 cups blackberries fresh assorted (such as strawberry halves, blueberries, raspberries, blackberries, kiwifruit slices)
- 0.3 cup sugar
- 1 teaspoon vanilla
- 0.8 cup whipping cream

- 2 cups frangelico
- 2 cups frangelico

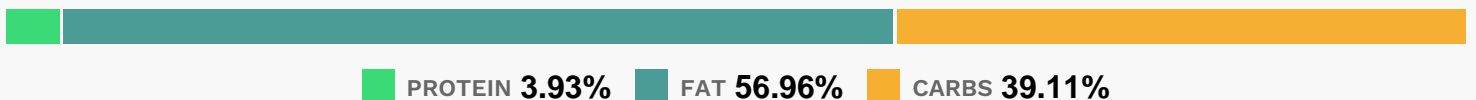
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- hand mixer
- spatula

## Directions

- Heat oven to 375F. Spray cookie sheet with cooking spray; dust with Bisquick mix. In medium bowl, mix Bisquick mix and 1/3 cup sugar.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Stir in egg until soft dough forms. Pat dough into 12x10-inch rectangle on cookie sheet; pinch edges of rectangle to form 1/2-inch rim.
- Bake 10 to 12 minutes or until edges just begin to brown. Cool crust on cookie sheet on wire rack 2 minutes.
- Remove crust with spatula onto cooling rack. Cool completely, about 30 minutes.
- In small bowl, beat cream cheese, 1/3 cup sugar and the vanilla with electric mixer on low speed until smooth. Beat in whipping cream on medium speed until stiff peaks form.
- Spread over crust to within 1/4 inch of rim. Arrange fruits on top.
- Brush jelly over fruits. Refrigerate at least 2 hours. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.14, Glycemic Load:14.68, Inflammation Score:-7, Nutrition Score:7.7156522429508%

## Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

## Nutrients (% of daily need)

Calories: 312.5kcal (15.63%), Fat: 20.24g (31.14%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 27.22g (9.9%), Sugar: 23.27g (25.86%), Cholesterol: 56.41mg (18.8%), Sodium: 144.06mg (6.26%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 3.15g (6.29%), Manganese: 0.48mg (23.9%), Vitamin C: 17.14mg (20.78%), Vitamin A: 992.87IU (19.86%), Fiber: 4.05g (16.2%), Vitamin K: 15.21µg (14.49%), Vitamin E: 1.52mg (10.1%), Vitamin B2: 0.13mg (7.76%), Copper: 0.15mg (7.47%), Folate: 24.87µg (6.22%), Selenium: 4.04µg (5.76%), Phosphorus: 57.29mg (5.73%), Calcium: 56.22mg (5.62%), Potassium: 180.7mg (5.16%), Magnesium: 18.77mg (4.69%), Vitamin B5: 0.41mg (4.13%), Zinc: 0.57mg (3.82%), Iron: 0.69mg (3.81%), Vitamin D: 0.47µg (3.11%), Vitamin B3: 0.51mg (2.53%), Vitamin B6: 0.05mg (2.5%), Vitamin B12: 0.12µg (1.96%), Vitamin B1: 0.03mg (1.86%)