



Freestyle Apple Tart

READY IN



40 min.

SERVINGS



40

CALORIES



48 kcal

DESSERT

Ingredients

- 1.3 lb and/or apples green red thinly sliced
- 1 tsp cinnamon sugar
- 4 oz philadelphia cream cheese softened ()
- 2 Tbsp flour
- 0.3 cup granulated sugar
- 1 ready-to-use pie crust refrigerated
- 1 cup cool whip whipped topping thawed

Equipment

- oven
- aluminum foil

Directions

- Heat oven to 450F.
- Line 9-inch pie plate with crust. Carefully spread cream cheese into 6-inch circle in center.
- Toss apples with granulated sugar and flour; spoon over cream cheese.
- Fold crust partially over apples; sprinkle with cinnamon sugar.
- Bake 25 min., covering loosely with foil the last 5 min. Cool.
- Serve topped with COOL WHIP. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:0.72826087150885%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 47.5kcal (2.37%), Fat: 2.36g (3.63%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.38g (3.75%), Cholesterol: 2.9mg (0.97%), Sodium: 27.8mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Fiber: 0.46g (1.83%), Manganese: 0.03mg (1.33%), Vitamin B2: 0.02mg (1.25%), Vitamin B1: 0.02mg (1.2%), Folate: 4.4µg (1.1%)