



Freestyle Fruit Tart

READY IN



40 min.

SERVINGS



40

CALORIES



44 kcal

DESSERT

Ingredients

- 1 tsp cinnamon sugar
- 4 oz philadelphia cream cheese softened ()
- 2 Tbsp flour
- 0.3 cup granulated sugar
- 0.8 lb plums sliced
- 1 ready-to-use pie crust refrigerated
- 1 cup cool whip whipped topping thawed

Equipment

oven

Directions

Heat oven to 450F.

Line 10-inch pie plate with pie crust. Carefully spread cream cheese into 6-inch circle on center of crust.

Toss plums with granulated sugar and flour; place over cream cheese. Gently fold edge of crust about 2 inches over plums, leaving center uncovered; sprinkle with cinnamon sugar.

Bake 25 min. or until crust is golden brown and fruit juices are hot and bubbly. Cool slightly before removing tart from pie plate.

Serve topped with COOL WHIP.

Nutrition Facts



PROTEIN 5.29% **FAT 47.54%** **CARBS 47.17%**

Properties

Glycemic Index:7.02, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:0.71608695841354%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 44.04kcal (2.2%), Fat: 2.36g (3.63%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.75g (3.05%), Cholesterol: 2.9mg (0.97%), Sodium: 27.66mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 68.85IU (1.38%), Manganese: 0.03mg (1.31%), Vitamin B1: 0.02mg (1.2%), Vitamin B2: 0.02mg (1.16%), Folate: 4.4µg (1.1%)