



Freestyle Peach Tart

READY IN



40 min.

SERVINGS



40

CALORIES



43 kcal

DESSERT

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 tsp ground cinnamon
- 2 cups peaches fresh peeled sliced
- 1 ready-to-use pie crust refrigerated
- 0.3 cup sugar
- 1 cup cool whip whipped topping thawed

Equipment

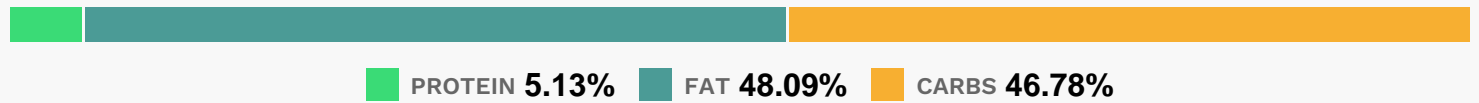
- baking sheet

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Unroll pie crust on foil-covered baking sheet sprayed with cooking spray.
- Combine sugar and cinnamon; mix 1 Tbsp. with cream cheese.
- Spread onto crust to within 2 inches of edge.
- Reserve 1 Tbsp. of the remaining sugar mixture. Toss peaches with remaining sugar mixture; spoon over cream cheese mixture. Fold edge of crust over peaches, leaving center uncovered; sprinkle with reserved sugar mixture.
- Bake 25 min. or until crust is golden brown and fruit juices are bubbly. Cool slightly before removing tart from baking sheet.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:0.69043478045775%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 43.36kcal (2.17%), Fat: 2.36g (3.62%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.9g (1.78%), Sugar: 2.86g (3.18%), Cholesterol: 2.9mg (0.97%), Sodium: 28.66mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Manganese: 0.04mg (1.76%), Vitamin A: 64.8IU (1.3%), Vitamin B2: 0.02mg (1.07%), Fiber: 0.26g (1.03%), Selenium: 0.7µg (1.01%)