



Fresh Cherry Tart

READY IN



60 min.

SERVINGS



10

CALORIES



331 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 2 tablespoons butter
- 1 pound cherries fresh pitted
- 3 tablespoons cornstarch
- 8 ounce cream cheese soft
- 1.3 cups graham cracker crumbs
- 1 teaspoon ground cinnamon
- 0.3 cup orange marmalade divided
- 0.7 cup sugar divided

- 3 tablespoons sugar
- 3 tablespoons water

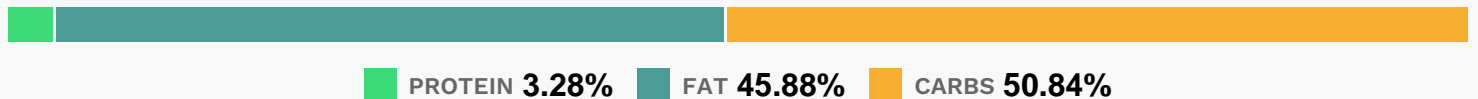
Equipment

- frying pan
- sauce pan
- oven
- wire rack
- tart form

Directions

- Stir together first 4 ingredients. Press into bottom and up sides of a 13- x 4-inch tart pan with removable bottom.
- Bake at 375 for 6 minutes. Cool in pan on a wire rack.
- Bring cherries, 1/3 cup sugar, cornstarch, and 3 tablespoons water to a boil in a medium saucepan over medium heat, stirring constantly; boil, stirring constantly, 1 minute or until thickened and bubbly.
- Remove from heat; stir in 3 tablespoons orange marmalade and 2 tablespoons butter until melted. Cool; cover and chill at least 2 hours.
- Stir together remaining 1/3 cup sugar, remaining orange marmalade, and cream cheese until blended.
- Spread evenly in crust, and top with chilled cherry mixture.

Nutrition Facts



Properties

Glycemic Index:26.82, Glycemic Load:19.58, Inflammation Score:-5, Nutrition Score:3.6686956416006%

Flavonoids

Cyanidin: 13.7mg, Cyanidin: 13.7mg, Cyanidin: 13.7mg, Cyanidin: 13.7mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 331.05kcal (16.55%), Fat: 17.42g (26.79%), Saturated Fat: 6.51g (40.66%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 41.89g (15.23%), Sugar: 32.54g (36.15%), Cholesterol: 22.91mg (7.64%), Sodium: 249.38mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin A: 711.64IU (14.23%), Fiber: 1.54g (6.14%), Vitamin B2: 0.1mg (6.11%), Phosphorus: 59.67mg (5.97%), Calcium: 46.26mg (4.63%), Potassium: 160.03mg (4.57%), Vitamin C: 3.72mg (4.5%), Iron: 0.7mg (3.91%), Vitamin E: 0.56mg (3.73%), Manganese: 0.07mg (3.66%), Magnesium: 14.4mg (3.6%), Selenium: 2.19µg (3.13%), Vitamin B1: 0.04mg (2.97%), Vitamin B3: 0.52mg (2.62%), Folate: 10.08µg (2.52%), Zinc: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.47%), Copper: 0.05mg (2.4%), Vitamin B5: 0.23mg (2.31%), Vitamin K: 1.49µg (1.42%)