

# Fresh Cherry Tart

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



347 kcal

DESSERT

## Ingredients

- 9 graham crackers (each)
- 2 tablespoons sugar
- 6 tablespoons butter unsalted melted
- 6 ounces cream cheese room temperature
- 0.5 teaspoon vanilla extract pure
- 0.8 cup cup heavy whipping cream
- 1 pound cherries fresh sweet such as bing, pitted and halved
- 1 tablespoon raspberry jam seedless

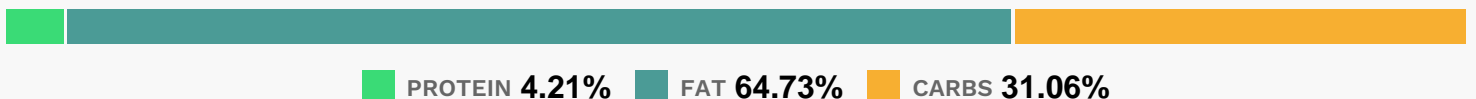
## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- measuring cup
- tart form
- pastry brush

## Directions

- Preheat oven to 350 degrees. In a food processor, pulse graham crackers and 2 tablespoons sugar until finely ground.
- Add butter, and process until combined.
- Transfer mixture to a 9-inch tart pan with a removable bottom. Using the base of a dry measuring cup, firmly press mixture into bottom and up sides of pan.
- Bake until browned, 10 to 12 minutes.
- Let cool completely on a wire rack.
- Meanwhile, in a large bowl, using an electric mixer on medium speed, beat cream cheese, vanilla, and remaining 1/4 cup sugar until light and fluffy. Gradually add cream, and beat until soft peaks form; spread mixture in cooled crust. Scatter cherries on top.
- In a small saucepan, combine jam and 1 teaspoon water; heat over low until liquefied, about 2 minutes. Using a pastry brush, dab cherries with glaze. Refrigerate tart at least 30 minutes or, covered, up to 1 day.

## Nutrition Facts



## Properties

Glycemic Index:31.01, Glycemic Load:13.56, Inflammation Score:-6, Nutrition Score:4.8321739124215%

## Flavonoids

Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 347.29kcal (17.36%), Fat: 25.59g (39.36%), Saturated Fat: 15.09g (94.3%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 25.88g (9.41%), Sugar: 16.58g (18.42%), Cholesterol: 69.26mg (23.09%), Sodium: 178.59mg (7.76%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.74g (7.48%), Vitamin A: 912.23IU (18.24%), Vitamin B2: 0.15mg (9.04%), Phosphorus: 82.42mg (8.24%), Fiber: 1.75g (7.01%), Potassium: 207.89mg (5.94%), Calcium: 58.24mg (5.82%), Vitamin C: 4.32mg (5.24%), Iron: 0.92mg (5.09%), Magnesium: 19.34mg (4.84%), Vitamin E: 0.67mg (4.5%), Vitamin B1: 0.06mg (4.1%), Selenium: 2.67µg (3.82%), Vitamin B3: 0.72mg (3.61%), Zinc: 0.52mg (3.44%), Vitamin D: 0.51µg (3.43%), Folate: 12.91µg (3.23%), Vitamin B6: 0.06mg (3.21%), Vitamin B5: 0.3mg (3.03%), Vitamin K: 3.09µg (2.94%), Copper: 0.05mg (2.48%), Manganese: 0.04mg (2.22%), Vitamin B12: 0.1µg (1.67%)