



Fresh Fruit Tart

READY IN



54 min.

SERVINGS



8

CALORIES



477 kcal

DESSERT

Ingredients

- 0.5 cup confectioners' sugar
- 1 tablespoon cornstarch
- 8 ounce cream cheese softened
- 1.5 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.5 cup granulated sugar
- 1 tablespoon juice of lime fresh
- 6 ounce limeade concentrate frozen thawed canned
- 1 slices strawberries fresh

- 1.5 sticks butter unsalted softened sliced
- 1 teaspoon vanilla extract
- 8 servings whipped cream for garnish

Equipment

- food processor
- sauce pan
- oven
- tart form
- pastry brush

Directions

- Preheat the oven to 350 degrees F.
- For the crust: In a food processor, combine the confectioners' sugar, flour, and butter, and process until the mixture forms a ball. With your fingers, press the dough into a 12-inch tart pan with a removable bottom, taking care to push the crust into the indentations in the sides. Pat until the crust is even.
- Bake for 10 to 12 minutes, until very lightly browned. Set aside to cool.
- For the filling and topping: Beat the cream cheese, sugar, and vanilla together until smooth.
- Spread over the cooled crust.
- Cut the strawberries into 1/4-inch slices and arrange around the edge of the crust. For the next circle, use kiwi slices.
- Add another circle of strawberries, filling in any spaces with blueberries. Cluster the raspberries in the center of the tart.
- Combine the limeade, cornstarch, lime juice, and sugar in a small saucepan and cook over medium heat until clear and thick, about 2 minutes.
- Let cool. With a pastry brush, glaze the entire tart. You will not use all of the glaze.
- Keep the tart in the refrigerator.
- Remove about 15 minutes before serving. Slice into 8 wedges and serve with a dollop of whipped cream.

Nutrition Facts

PROTEIN 3.87% FAT 53.17% CARBS 42.96%

Properties

Glycemic Index:42.15, Glycemic Load:27.33, Inflammation Score:-6, Nutrition Score:7.0321739290072%

Flavonoids

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Nutrients (% of daily need)

Calories: 476.65kcal (23.83%), Fat: 28.62g (44.04%), Saturated Fat: 17.48g (109.25%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 50.97g (18.53%), Sugar: 31.6g (35.11%), Cholesterol: 78.75mg (26.25%), Sodium: 93.65mg (4.07%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 4.69g (9.37%), Vitamin A: 954.74IU (19.09%), Vitamin C: 13.42mg (16.27%), Selenium: 10.97µg (15.67%), Vitamin B1: 0.2mg (13.31%), Folate: 51.64µg (12.91%), Manganese: 0.25mg (12.36%), Vitamin B2: 0.2mg (11.94%), Vitamin B3: 1.51mg (7.55%), Phosphorus: 71.69mg (7.17%), Iron: 1.23mg (6.84%), Vitamin E: 0.85mg (5.68%), Calcium: 46.5mg (4.65%), Fiber: 1.06g (4.26%), Vitamin B5: 0.34mg (3.37%), Potassium: 113.77mg (3.25%), Magnesium: 12.15mg (3.04%), Copper: 0.06mg (2.97%), Vitamin K: 2.73µg (2.6%), Zinc: 0.38mg (2.56%), Vitamin D: 0.34µg (2.28%), Vitamin B6: 0.04mg (2.04%), Vitamin B12: 0.12µg (1.93%)