



Fresh Fruit Tart

READY IN



75 min.

SERVINGS



12

CALORIES



309 kcal

DESSERT

Ingredients

- 1 box lemon cake mix
- 0.3 cup butter softened
- 1 eggs
- 18 oz yogurt french yoplait®
- 1 box vanilla pudding instant (4-serving size)
- 3 cups mandarin orange segents sliced
- 3 tablespoons apricot preserves
- 1 cup raspberries fresh

Equipment

- bowl
- frying pan
- oven
- pizza pan
- hand mixer
- spatula

Directions

- Heat oven to 375°F (350°F for dark or nonstick pan). Grease or spray 12-inch pizza pan or bottom only of 13x9-inch pan.
- In large bowl, mix cake mix, butter and egg with spoon until crumbly. Press in bottom of pan.
- Bake 12 to 18 minutes or until set. Cool completely, about 30 minutes.
- In medium bowl, beat yogurt and dry pudding mix with electric mixer on medium speed until blended. Spoon over baked layer. Smooth surface with rubber spatula. Arrange fruit on yogurt mixture.
- Heat preserves over medium heat until melted; brush over fruit. Mound raspberries in center.
- Serve immediately, or refrigerate up to 24 hours. Store covered in refrigerator.

Nutrition Facts



PROTEIN 5.29% **FAT 23.62%** **CARBS 71.09%**

Properties

Glycemic Index:7.25, Glycemic Load:2.87, Inflammation Score:-6, Nutrition Score:7.65869562522222%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.05mg,

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Nutrients (% of daily need)

Calories: 308.52kcal (15.43%), Fat: 8.26g (12.71%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 53.84g (19.58%), Sugar: 34.77g (38.64%), Cholesterol: 19.17mg (6.39%), Sodium: 451.75mg (19.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 16.3mg (19.76%), Phosphorus: 195.63mg (19.56%), Calcium: 168.24mg (16.82%), Vitamin A: 632.99IU (12.66%), Vitamin B2: 0.2mg (11.91%), Folate: 44.01µg (11%), Vitamin B1: 0.15mg (9.7%), Manganese: 0.17mg (8.68%), Fiber: 2.11g (8.43%), Iron: 1.15mg (6.41%), Vitamin B3: 1.28mg (6.39%), Vitamin E: 0.85mg (5.65%), Potassium: 195.35mg (5.58%), Vitamin B5: 0.52mg (5.23%), Selenium: 3.59µg (5.13%), Vitamin B6: 0.1mg (4.91%), Magnesium: 18.29mg (4.57%), Vitamin B12: 0.24µg (3.99%), Copper: 0.07mg (3.68%), Zinc: 0.5mg (3.3%), Vitamin K: 2.13µg (2.02%)