



Fresh Fruit Tart With Mascarpone Cheese

READY IN



15 min.

SERVINGS



8

CALORIES



586 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 5 kiwifruit peeled sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 16 oz mascarpone cheese softened
- ☐ 0.5 cup powdered sugar
- ☐ 1 cup raspberries fresh
- ☐ 15 oz piecrusts refrigerated

Equipment

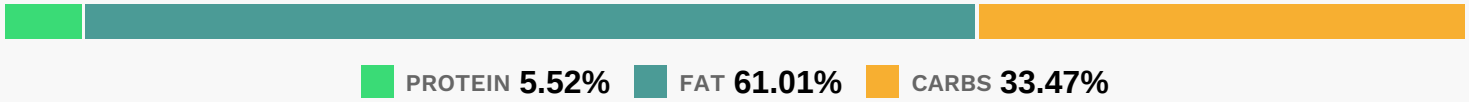
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ aluminum foil
- ☐ microwave
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Preheat oven to 450.
- ☐ Whisk together mascarpone cheese and next 3 ingredients in a medium bowl. Cover and chill.
- ☐ Meanwhile, fit piecrust into a 9-inch tart pan with removable bottom; press into fluted edges. Fold any excess dough over outside of pan, and pinch to secure to pan. (This will keep piecrust from sliding down pan as it bakes.) Line crust with aluminum foil, and fill with pie weights or dried beans.
- ☐ Bake at 450 for 8 minutes.
- ☐ Remove weights and foil, and bake 3 to 4 more minutes or until golden brown.
- ☐ Remove from oven to a wire rack, and cool completely (about 15 minutes). Gently tap excess crust from sides of pan, using a rolling pin.
- ☐ Spoon mascarpone mixture into cooled tart shell, spreading to edges. Arrange kiwifruit around outer edge of tart; place raspberries in center.
- ☐ Combine apricot jam and 1 Tbsp. water in a small microwave-safe glass dish. Microwave at HIGH 25 seconds. Stir until well blended.
- ☐ Pour apricot mixture through a fine wire-mesh strainer into a bowl; discard solids.
- ☐ Brush fruit in tart with apricot mixture.

- ☐
- Serve immediately.
- ☐
- *Apple jelly may be substituted. Decrease water to 2 tsp. in Step 5 and do not strain jelly mixture after heating.
- ☐
- Cheesecake-Filled Fresh Fruit Tart: Substitute 2 cups ready-to-eat cheesecake filling for mascarpone cheese. Increase lemon juice to 2 tsp. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:3.51, Inflammation Score:-7, Nutrition Score:10.641739067824%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 586.18kcal (29.31%), Fat: 39.74g (61.13%), Saturated Fat: 20.23g (126.46%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 44.99g (16.36%), Sugar: 16.35g (18.16%), Cholesterol: 56.7mg (18.9%), Sodium: 254.71mg (11.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.17%), Vitamin C: 47.63mg (57.73%), Vitamin K: 27.97µg (26.64%), Manganese: 0.39mg (19.73%), Vitamin A: 864.07IU (17.28%), Fiber: 4.06g (16.24%), Folate: 55.38µg (13.84%), Calcium: 115.06mg (11.51%), Vitamin B1: 0.17mg (11.11%), Iron: 1.67mg (9.25%), Vitamin B3: 1.74mg (8.7%), Vitamin E: 1.13mg (7.5%), Copper: 0.14mg (6.89%), Vitamin B2: 0.11mg (6.68%), Phosphorus: 62.26mg (6.23%), Potassium: 193.71mg (5.53%), Magnesium: 20.74mg (5.19%), Selenium: 3.37µg (4.81%), Vitamin B5: 0.37mg (3.72%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.39mg (2.59%)