



Fresh Raspberry Almond Tray Tart

READY IN



205 min.

SERVINGS



24

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds chopped
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons honey
- ☐ 6 cups raspberries
- ☐ 0.3 cup currant jelly red
- ☐ 0.3 cup sugar
- ☐ 1 pouch sugar cookie mix

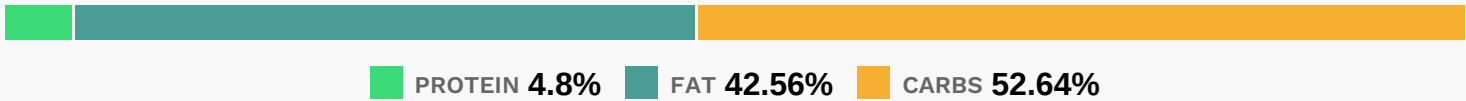
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Spray 15x10x1-inch pan with cooking spray. In large bowl, cut butter into cookie mix using pastry blender or fork until crumbly; stir in almonds. Press dough in bottom and 1/2 inch up sides of pan.
- ☐ Bake 20 to 25 minutes or until edges are light golden brown. Cool completely, about 1 hour.
- ☐ Meanwhile, in small bowl, beat cream cheese and sugar with electric mixer on medium speed until well blended and smooth.
- ☐ Spread evenly in cooled cookie crust. Top with raspberries.
- ☐ In small microwavable bowl, stir together jelly and honey. Microwave uncovered on High 20 to 30 seconds or until thin enough to glaze.
- ☐ Brush glaze over berries. Refrigerate 2 hours.
- ☐ Cut into 6 rows by 4 rows. Cover and refrigerate any remaining tarts.

Nutrition Facts



Properties

Glycemic Index:10.02, Glycemic Load:5.05, Inflammation Score:-3, Nutrition Score:4.261304355186%

Flavonoids

Cyanidin: 13.84mg, Cyanidin: 13.84mg, Cyanidin: 13.84mg, Cyanidin: 13.84mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg,

Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 218.89kcal (10.94%), Fat: 10.61g (16.32%), Saturated Fat: 2.87g (17.97%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 26.97g (9.81%), Sugar: 17.96g (19.96%), Cholesterol: 9.54mg (3.18%), Sodium: 135.27mg (5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.31mg (15.38%), Vitamin E: 1.64mg (10.92%), Fiber: 2.56g (10.26%), Vitamin C: 8.29mg (10.05%), Vitamin A: 306.02IU (6.12%), Vitamin B2: 0.1mg (5.74%), Magnesium: 19.88mg (4.97%), Phosphorus: 42.36mg (4.24%), Copper: 0.08mg (4.01%), Folate: 13.03µg (3.26%), Calcium: 31.18mg (3.12%), Potassium: 97.12mg (2.77%), Iron: 0.49mg (2.72%), Vitamin K: 2.54µg (2.42%), Vitamin B1: 0.03mg (2.3%), Vitamin B3: 0.44mg (2.19%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.18mg (1.8%), Selenium: 1.18µg (1.69%), Vitamin B6: 0.03mg (1.49%)