



Fruity Tart

READY IN



160 min.

SERVINGS



8

CALORIES



293 kcal

Ingredients

- 0.5 cup blueberries fresh
- 4.6 ounce non-instant vanilla pudding mix
- 0.3 cup any flavor fruit jam
- 1 cup kiwi fruit sliced
- 3 cups milk
- 1 cup peaches fresh pitted sliced
- 19-inch pie crust ()
- 0.5 cup raspberries fresh
- 0.5 cup strawberries fresh sliced

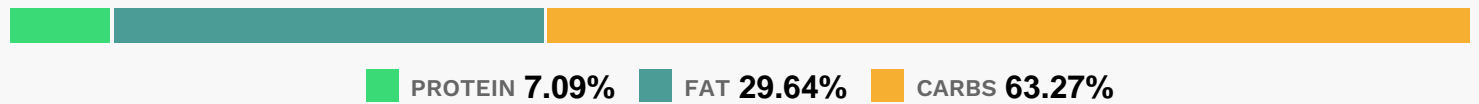
Equipment

- sauce pan
- pastry brush

Directions

- Combine pudding mix and milk in a medium saucepan. Cook according to package directions.
- Pour pudding into pastry shell and refrigerate until cool and firm. Arrange fruit on top of pudding layer.
- Place jam in a small saucepan over low heat, stirring occasionally until runny. Using a pastry brush, coat fruit with jam. Now hide in the closet and eat the whole thing yourself.

Nutrition Facts



Properties

Glycemic Index:36.49, Glycemic Load:8.29, Inflammation Score:-4, Nutrition Score:8.6608694739964%

Flavonoids

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Nutrients (% of daily need)

Calories: 293.44kcal (14.67%), Fat: 9.77g (15.04%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 44.28g (16.1%), Sugar: 27.78g (30.87%), Cholesterol: 10.98mg (3.66%), Sodium: 247.8mg (10.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin C: 26.41mg (32.01%), Vitamin K: 14.16µg (13.49%), Manganese: 0.27mg (13.46%), Calcium: 132.62mg (13.26%), Phosphorus: 129.96mg (13%), Vitamin B2: 0.2mg (11.71%), Fiber: 2.68g (10.73%), Vitamin B1: 0.14mg (9.35%), Vitamin B12: 0.49µg (8.23%), Potassium: 272.45mg (7.78%), Folate: 29.87µg (7.47%), Vitamin D: 1.01µg (6.71%), Magnesium: 23.61mg (5.9%), Selenium: 4.03µg (5.76%), Vitamin B3: 1.13mg (5.65%), Vitamin B5: 0.56mg (5.62%), Iron: 0.95mg (5.27%), Vitamin B6: 0.1mg (5.1%), Vitamin E: 0.75mg (4.97%), Vitamin A: 239.03IU (4.78%), Copper: 0.09mg (4.74%), Zinc: 0.63mg (4.21%)