



Glazed Berry Tart

READY IN



90 min.

SERVINGS



10

CALORIES



195 kcal

Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup blueberries fresh
- 3 oz cream cheese softened
- 6 oz yogurt plain fat free
- 1 box chocolate pudding white instant (4-serving size)
- 1 cup milk
- 3 tablespoons orange marmalade
- 0.5 cup raspberries fresh
- 1 pie crust dough refrigerated softened
- 1 cup strawberries fresh sliced

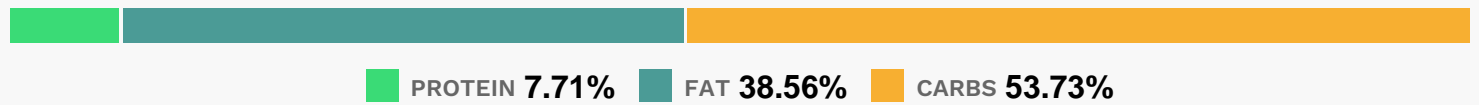
Equipment

- bowl
- oven
- whisk
- microwave
- tart form

Directions

- Heat oven to 450F.
- Bake pie crust as directed on box for One-Crust
- Baked Shell, using 10-inch tart pan with removable bottom or 9-inch glass pie plate. Cool completely.
- In medium bowl, mix filling ingredients with whisk until well blended.
- Pour into cooled baked shell. Refrigerate about 1 hour or until set.
- Top with berries. In small microwavable bowl, microwave marmalade uncovered on High about 10 seconds or until melted.
- Brush over berries.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:1.33, Inflammation Score:-3, Nutrition Score:5.0873913039332%

Flavonoids

Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg, Cyanidin: 3.61mg Petunidin: 2.37mg, Petunidin: 2.37mg, Petunidin: 2.37mg, Petunidin: 2.37mg Delphinidin: 2.75mg, Delphinidin: 2.75mg, Delphinidin: 2.75mg, Delphinidin: 2.75mg Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Peonidin: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg

0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 195.19kcal (9.76%), Fat: 8.46g (13.01%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 24.85g (9.04%), Sugar: 14.65g (16.27%), Cholesterol: 11.86mg (3.95%), Sodium: 259.44mg (11.28%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 3.81g (7.61%), Vitamin C: 11.2mg (13.57%), Manganese: 0.24mg (11.77%), Phosphorus: 85.94mg (8.59%), Calcium: 83.04mg (8.3%), Vitamin B2: 0.14mg (8.08%), Fiber: 1.67g (6.67%), Vitamin B1: 0.08mg (5.33%), Folate: 20.69µg (5.17%), Potassium: 169.65mg (4.85%), Selenium: 3.13µg (4.47%), Magnesium: 17.58mg (4.39%), Vitamin B12: 0.25µg (4.24%), Iron: 0.72mg (4.01%), Vitamin K: 3.88µg (3.7%), Vitamin B5: 0.37mg (3.68%), Copper: 0.07mg (3.66%), Zinc: 0.5mg (3.36%), Vitamin A: 166.53IU (3.33%), Vitamin B3: 0.66mg (3.31%), Vitamin B6: 0.05mg (2.67%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.27µg (1.79%)