



Glazed Fruit Tart With Coconut Crust



Vegetarian



Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 1.5 cups bite-size cereal biscuits shredded whole wheat whole crushed (1 cup biscuits)
- ☐ 2 large egg whites
- ☐ 2 kiwifruit peeled sliced
- ☐ 2 cups nectarines fresh unpeeled sliced (3 nectarines)
- ☐ 2 cups strawberries fresh sliced
- ☐ 0.5 cup apricot all-fruit spread
- ☐ 1.3 cups coconut or sweetened flaked

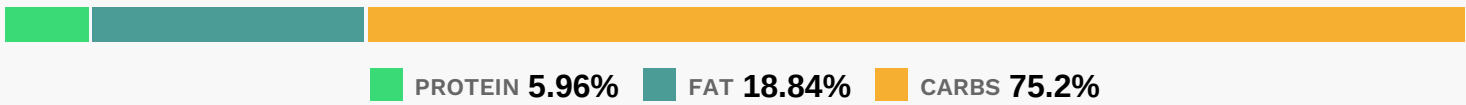
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ springform pan

Directions

- ☐ Combine egg whites and brown sugar in a small bowl, stirring well. Stir in cereal and coconut; fluff with a fork until thoroughly coated. Lightly press cereal mixture in bottom and 1/2 inch up sides of a 10- inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until edges begin to brown. Cool completely.
- ☐ Remove sides of pan, and place crust on a serving plate. Arrange kiwifruit around outer edge of crust.
- ☐ Place fruit spread in a large bowl; stir until smooth.
- ☐ Add nectarines and strawberries; stir gently until fruit is thoroughly coated. Mound fruit in center of tart, and arrange attractively.
- ☐ Cut tart into wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.86, Glycemic Load:14.61, Inflammation Score:-6, Nutrition Score:11.030869634255%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 190.99kcal (9.55%), Fat: 4.21g (6.48%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 32.97g (11.99%), Sugar: 24.24g (26.94%), Cholesterol: 0mg (0%), Sodium: 105.27mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin C: 41.07mg (49.78%), Manganese: 0.59mg (29.28%), Fiber: 4.86g (19.44%), Folate: 69.8µg (17.45%), Iron: 2.73mg (15.15%), Selenium: 8.35µg (11.93%), Vitamin B2: 0.18mg (10.74%), Vitamin K: 10.78µg (10.27%), Vitamin B3: 1.99mg (9.93%), Magnesium: 37.33mg (9.33%), Copper: 0.18mg (8.87%), Vitamin B6: 0.18mg (8.81%), Vitamin B1: 0.13mg (8.68%), Phosphorus: 77.94mg (7.79%), Potassium: 266.02mg (7.6%), Vitamin A: 330.3IU (6.61%), Vitamin B12: 0.38µg (6.37%), Vitamin E: 0.7mg (4.68%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.26mg (2.58%), Calcium: 24.86mg (2.49%), Vitamin D: 0.25µg (1.65%)