



Harvest Fruit Dessert

READY IN



360 min.

SERVINGS



10

CALORIES



342 kcal

DESSERT

Ingredients

- 2 apples thinly sliced
- 0.5 cup butter softened
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 1 cup flour
- 3 Tbsp orange zest
- 0.3 cup pancake syrup
- 0.5 cup ground planters pecans divided toasted
- 2 plums thinly sliced

- 0.3 cup sugar
- 0.3 cup sugar

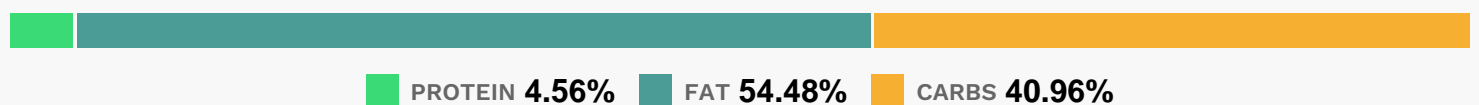
Equipment

- bowl
- frying pan
- oven
- knife
- blender
- springform pan

Directions

- Heat oven to 375F.
- Beat butter and 1/3 cup sugar in large bowl with mixer until light and fluffy.
- Add flour; mix well.
- Spread onto bottom and 1 inch up side of 9-inch springform pan.
- Beat cream cheese and 1/4 cup sugar in medium bowl with mixer until blended.
- Add 1/4 cup nuts, orange zest and juice; mix well.
- Add egg; beat just until blended.
- Spread onto bottom of crust; top with fruit.
- Drizzle with syrup; sprinkle with remaining nuts.
- Bake 40 min. or until center is almost set.
- Let stand 5 min. Run knife around rim of pan to loosen dessert; cool before removing rim. Refrigerate dessert 4 hours.

Nutrition Facts



Properties

Glycemic Index:32.28, Glycemic Load:17.24, Inflammation Score:-6, Nutrition Score:6.1104348301888%

Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 341.95kcal (17.1%), Fat: 21.31g (32.78%), Saturated Fat: 7.03g (43.95%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 33.98g (12.36%), Sugar: 17.84g (19.82%), Cholesterol: 39.59mg (13.2%), Sodium: 192.99mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Manganese: 0.34mg (16.93%), Vitamin A: 814.67IU (16.29%), Selenium: 7.87µg (11.24%), Vitamin B1: 0.15mg (10.12%), Vitamin B2: 0.16mg (9.54%), Fiber: 2.06g (8.25%), Folate: 30.48µg (7.62%), Phosphorus: 70.08mg (7.01%), Vitamin C: 5.45mg (6.61%), Copper: 0.12mg (6.05%), Vitamin E: 0.77mg (5.16%), Iron: 0.9mg (5%), Vitamin B3: 0.93mg (4.64%), Potassium: 138.4mg (3.95%), Calcium: 39.36mg (3.94%), Magnesium: 14.95mg (3.74%), Vitamin B5: 0.35mg (3.55%), Zinc: 0.52mg (3.46%), Vitamin B6: 0.06mg (2.95%), Vitamin K: 2.35µg (2.23%), Vitamin B12: 0.1µg (1.67%)