



Italian Fresh Fruit Tart

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



474 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 1 cup granulated sugar
- 0.5 cup butter softened
- 1 teaspoon lemon zest freshly grated
- 1 teaspoon juice of lemon fresh
- 1 teaspoon vanilla
- 3 eggs
- 0.5 cup apricot preserves

- 0.5 cup raspberry jam
- 1 tablespoon almond extract
- 4 cups blackberries fresh such as sliced apple, pear, banana, kiwifruit, figs, raspberries, blackberries, blueberries
- 1 teaspoon honey
- 1 serving powdered sugar

Equipment

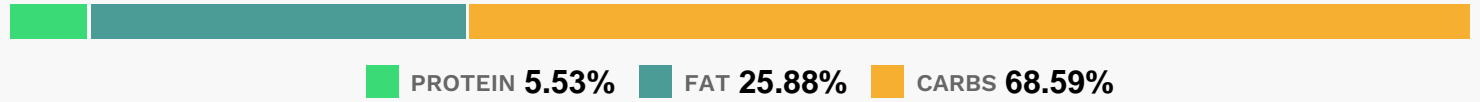
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- pizza pan
- plastic wrap
- toothpicks
- tart form

Directions

- Mix flour, granulated sugar, butter, lemon peel, lemon juice, vanilla and eggs in medium bowl with spoon until dough forms.
- Place dough on lightly floured surface. Knead about 3 minutes or until dough holds together and is pliable. Shape dough into a ball. Cover with plastic wrap and refrigerate about 20 minutes or until firm.
- Heat oven to 350°F. Grease pan with butter; lightly flour 11-inch round tart pan with removable bottom or 12-inch pizza pan. Pat dough evenly in pan.
- Bake about 35 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on wire rack, about 30 minutes.
- Heat apricot and raspberry preserves in 1-quart saucepan over low heat, stirring frequently, until melted. Stir in amaretto.

- Spread over crust. Arrange fresh fruit on top.
- Drizzle with honey; sprinkle with powdered sugar.
- Serve immediately, or cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:43.78, Inflammation Score:-7, Nutrition Score:12.163478353749%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.73mg, Catechin: 26.73mg, Catechin: 26.73mg, Catechin: 26.73mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 474.35kcal (23.72%), Fat: 13.78g (21.2%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 82.15g (27.38%), Net Carbohydrates: 77.18g (28.07%), Sugar: 47.32g (52.58%), Cholesterol: 61.38mg (20.46%), Sodium: 171.8mg (7.47%), Alcohol: 0.73g (100%), Alcohol %: 0.46% (100%), Protein: 6.63g (13.26%), Manganese: 0.7mg (35.2%), Selenium: 16.83µg (24.05%), Vitamin C: 18.89mg (22.89%), Folate: 85.74µg (21.44%), Fiber: 4.97g (19.87%), Vitamin B1: 0.27mg (18.11%), Vitamin B2: 0.28mg (16.51%), Vitamin A: 781.14IU (15.62%), Vitamin K: 14.4µg (13.71%), Iron: 2.38mg (13.24%), Vitamin B3: 2.35mg (11.75%), Copper: 0.22mg (10.79%), Vitamin E: 1.52mg (10.14%), Phosphorus: 90.25mg (9.02%), Magnesium: 25.47mg (6.37%), Vitamin B5: 0.61mg (6.11%), Potassium: 211.72mg (6.05%), Zinc: 0.84mg (5.62%), Calcium: 47.19mg (4.72%), Vitamin B6: 0.07mg (3.67%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.33µg (2.2%)