



Kiwi Tart



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

DESSERT

Ingredients

- ☐ 6 oz cream cheese softened
- ☐ 3 firm-ripe kiwifruit peeled thinly sliced
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla

Equipment

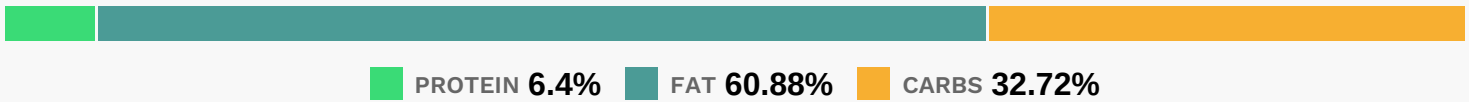
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Fit dough into tart pan, leaving a 1/2-inch overhang, then fold overhang inward and press against side of pan to reinforce edge. Lightly prick bottom and side of shell with a fork.
- ☐ Line shell with foil and fill with pie weights.
- ☐ Bake until edge is pale golden, about 10 minutes. Carefully remove foil and weights and bake shell until golden all over, about 5 minutes more. Cool shell in pan on a rack, about 20 minutes.
- ☐ Meanwhile, beat together cream cheese, sugar, milk, zest, and vanilla in a bowl with an electric mixer until creamy and smooth, 2 to 3 minutes.
- ☐ Spread cream cheese filling in cooled shell and top with kiwi slices.
- ☐ Tart can be made 4 hours ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:4.45, Inflammation Score:-3, Nutrition Score:4.1086956690187%

Flavonoids

Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.85kcal (5.44%), Fat: 7.59g (11.68%), Saturated Fat: 4.37g (27.34%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.14g (2.96%), Sugar: 7.08g (7.87%), Cholesterol: 21.92mg (7.31%), Sodium: 69.96mg (3.04%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 1.8g (3.59%), Vitamin C: 25.81mg (31.29%), Vitamin K: 14.21µg (13.53%), Vitamin A: 321.44IU (6.43%), Fiber: 1.05g (4.2%), Vitamin E: 0.63mg (4.19%), Phosphorus: 38.19mg (3.82%), Calcium: 37.57mg (3.76%), Vitamin B2: 0.06mg (3.74%), Potassium: 102.09mg (2.92%), Selenium: 1.99µg (2.84%), Folate: 10.82µg (2.7%), Copper: 0.05mg (2.51%), Vitamin B5: 0.2mg (1.99%), Magnesium: 7.89mg (1.97%), Manganese: 0.04mg (1.83%), Vitamin B6: 0.04mg (1.78%), Zinc: 0.17mg (1.14%), Vitamin B12: 0.07µg (1.12%), Vitamin B1: 0.02mg (1.09%)