



Mixed-Berry Cream Tart

 Gluten Free

READY IN



210 min.

SERVINGS



8

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 2 cups strawberries fresh sliced
- ☐ 0.5 cup water boiling
- ☐ 1 strawberry gelatin sugar free
- ☐ 4.5 oz crunchy peanut butter (from 8.9-oz box)
- ☐ 8 oz weight cream cheese fat-free
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup blueberries fresh

- ☐ 1 cup raspberries fresh
- ☐ 1 serving cool whip fat-free

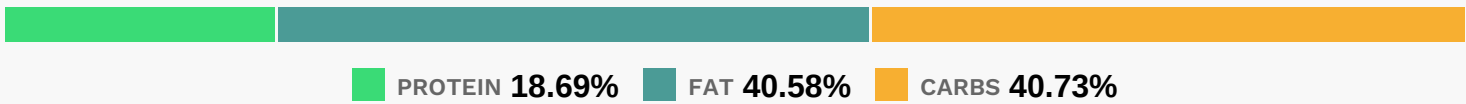
Equipment

- ☐ bowl
- ☐ blender
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ In small bowl, crush 1 cup of the strawberries with pastry blender or fork. Reserve remaining 1 cup strawberries.
- ☐ In medium bowl, pour boiling water over gelatin; stir about 2 minutes or until gelatin is completely dissolved. Stir crushed strawberries into gelatin. Refrigerate 20 minutes.
- ☐ Meanwhile, leaving granola bars in pouches, crush granola bars with rolling pin.
- ☐ Sprinkle crushed granola in bottom of 9-inch ungreased glass pie plate, pushing crumbs up side of plate to make crust.
- ☐ In small bowl, beat cream cheese, sugar and almond extract with electric mixer on medium-high speed until smooth. Drop by spoonfuls over crushed granola; gently spread to cover bottom of crust.
- ☐ Gently fold blueberries, raspberries and remaining 1 cup strawberries into gelatin mixture. Spoon over cream cheese mixture. Refrigerate about 3 hours or until firm.
- ☐ Serve topped with whipped topping.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:6.29, Inflammation Score:-4, Nutrition Score:9.2726086922314%

Flavonoids

Cyanidin: 9.04mg, Cyanidin: 9.04mg, Cyanidin: 9.04mg, Cyanidin: 9.04mg Petunidin: 5.92mg, Petunidin: 5.92mg, Petunidin: 5.92mg, Petunidin: 5.92mg Delphinidin: 6.86mg, Delphinidin: 6.86mg, Delphinidin: 6.86mg, Delphinidin: 6.86mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 9.09mg, Pelargonidin: 9.09mg, Pelargonidin: 9.09mg, Pelargonidin: 9.09mg Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg, Peonidin: 3.79mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 179.29kcal (8.96%), Fat: 8.56g (13.17%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 15.92g (5.79%), Sugar: 13.61g (15.12%), Cholesterol: 3.49mg (1.16%), Sodium: 279.01mg (12.13%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 8.87g (17.74%), Vitamin C: 26.89mg (32.6%), Manganese: 0.59mg (29.7%), Phosphorus: 214.91mg (21.49%), Fiber: 3.42g (13.67%), Vitamin B3: 2.56mg (12.79%), Calcium: 118.43mg (11.84%), Magnesium: 41.05mg (10.26%), Folate: 37.59µg (9.4%), Vitamin E: 1.35mg (9.01%), Potassium: 290.52mg (8.3%), Copper: 0.15mg (7.34%), Vitamin B2: 0.12mg (6.99%), Zinc: 1.02mg (6.78%), Vitamin B6: 0.12mg (5.82%), Vitamin K: 5.67µg (5.4%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.28µg (4.63%), Selenium: 2.95µg (4.22%), Iron: 0.66mg (3.69%), Vitamin B1: 0.05mg (3.29%)