



Mixed-Berry Pretzel Tart

READY IN



28 min.

SERVINGS



12

CALORIES



525 kcal

DESSERT

Ingredients

- ☐ 16 oz blueberries unsweetened frozen
- ☐ 8 ounces cream cheese
- ☐ 7 ounces greek yogurt plain fat-free (not)
- ☐ 0.8 cup heavy cream
- ☐ 12 servings crust
- ☐ 2 cups pretzels crushed
- ☐ 16 oz strawberries unsweetened frozen sliced
- ☐ 6 oz strawberry gelatin
- ☐ 0.8 cup sugar

- ☐ 3 tablespoons sugar
- ☐ 12 tablespoons butter unsalted melted ()
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Make crust: Preheat oven to 400F; mist a 9-by-13-inch baking pan with cooking spray.
- ☐ Place crushed pretzels in bowl of a food processor.
- ☐ Add sugar and melted butter and pulse to combine. Press pretzel mixture into baking dish and bake for 8 minutes.
- ☐ Transfer to a wire rack and allow to cool completely, about 20 minutes.
- ☐ Make filling: Using an electric mixer on medium speed, beat cream cheese with 3/4 cup sugar until well blended, about 2 minutes. Fold in yogurt and vanilla.
- ☐ Spread over cooled pretzel crust, cover with plastic wrap and chill for at least 2 hours.
- ☐ In a large bowl, dissolve both packages of gelatin in 2 cups boiling water.
- ☐ Let cool until mixture begins to get syrupy, about 15 minutes. Stir in strawberries and blueberries and pour over cream cheese layer. Chill until firm, 2 to 3 hours.
- ☐ Whip cream until soft peaks form.
- ☐ Add remaining 1 Tbsp. sugar and continue whipping until stiff peaks form.
- ☐ Cut tart into squares and serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:22.31, Inflammation Score:-7, Nutrition Score:9.5978259936623%

Flavonoids

Cyanidin: 3.83mg, Cyanidin: 3.83mg, Cyanidin: 3.83mg, Cyanidin: 3.83mg Petunidin: 11.96mg, Petunidin: 11.96mg, Petunidin: 11.96mg, Petunidin: 11.96mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 7.69mg, Peonidin: 7.69mg, Peonidin: 7.69mg, Peonidin: 7.69mg Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg, Catechin: 3.18mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 524.75kcal (26.24%), Fat: 29.51g (45.39%), Saturated Fat: 16.25g (101.57%), Carbohydrates: 59.86g (19.95%), Net Carbohydrates: 57.21g (20.81%), Sugar: 35.35g (39.28%), Cholesterol: 66.82mg (22.27%), Sodium: 390.13mg (16.96%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 7.69g (15.38%), Vitamin C: 26.26mg (31.83%), Manganese: 0.5mg (24.96%), Vitamin A: 848.17IU (16.96%), Vitamin B2: 0.24mg (13.9%), Folate: 54.65µg (13.66%), Phosphorus: 120.7mg (12.07%), Vitamin K: 11.9µg (11.34%), Fiber: 2.65g (10.59%), Vitamin B1: 0.15mg (10.01%), Selenium: 6.88µg (9.83%), Iron: 1.5mg (8.34%), Vitamin B3: 1.65mg (8.26%), Vitamin E: 1.11mg (7.41%), Calcium: 66.47mg (6.65%), Potassium: 205.33mg (5.87%), Copper: 0.1mg (5.24%), Magnesium: 19.44mg (4.86%), Vitamin B5: 0.44mg (4.43%), Vitamin B6: 0.09mg (4.25%), Zinc: 0.58mg (3.88%), Vitamin B12: 0.2µg (3.42%), Vitamin D: 0.45µg (2.99%)