

Mixed-Fruit Tart

READY IN



75 min.

SERVINGS



12

CALORIES



237 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 6 tablespoons butter softened
- ☐ 8 oz cream cheese softened
- ☐ 1 egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 3 cups fruit assorted
- ☐ 0.8 cup marshmallow creme
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon water

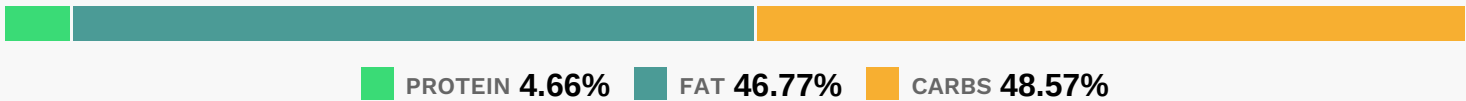
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pizza pan
- ☐ blender

Directions

- ☐ Heat oven to 350F. In medium bowl, mix all crust ingredients, using fork or pastry blender, until soft dough forms. Press firmly in 12-inch pizza pan to within 1/2 inch of edge of pan. Prick thoroughly with fork.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool completely.
- ☐ In medium bowl, beat cream cheese and marshmallow creme until smooth.
- ☐ Spread evenly over crust. Arrange fruit on cream cheese mixture.
- ☐ In 1-quart saucepan, heat preserves and water over low heat, stirring occasionally, until preserves are melted. Cool slightly. Spoon over fruit. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:7.43, Inflammation Score:-5, Nutrition Score:3.9865217442098%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 237.07kcal (11.85%), Fat: 12.71g (19.56%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 28.46g (10.35%), Sugar: 16.43g (18.25%), Cholesterol: 35.29mg (11.76%), Sodium: 131.3mg (5.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin A: 714.88IU (14.3%), Selenium: 6.11µg (8.72%), Vitamin B2: 0.12mg (7.12%), Vitamin B1: 0.1mg (6.44%), Folate: 24.26µg (6.06%), Fiber: 1.24g (4.98%), Phosphorus: 46.19mg (4.62%), Manganese: 0.09mg (4.6%), Vitamin B3: 0.87mg (4.34%), Iron: 0.75mg (4.19%), Copper: 0.07mg (3.46%), Vitamin K: 3.16µg (3.01%), Vitamin E: 0.43mg (2.87%), Calcium: 27.94mg (2.79%), Potassium: 97.24mg (2.78%), Vitamin B5: 0.23mg (2.29%), Vitamin C: 1.75mg (2.12%), Magnesium: 7.45mg (1.86%), Zinc: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.58%), Vitamin B12: 0.08µg (1.3%)