



Mmmmmango Tart

READY IN



245 min.

SERVINGS



5

CALORIES



461 kcal

DESSERT

Ingredients

- 2 Tbsp apricot preserves
- 6 Tbsp butter divided
- 2 Tbsp cornstarch
- 0.5 mangos fresh cut into thin slices
- 6 oz jell-o mango flavor gelatin
- 0.3 cup sugar
- 1.3 cups vanilla wafers crushed finely
- 2.3 cups water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- microwave
- tart form

Directions

- Heat oven to 350F.
- Melt 1/4 cup (4 Tbsp.) butter; mix with wafer crumbs until blended. Press onto bottom and up side of 9-inch tart pan with removable bottom.
- Bake 10 min.; cool.
- Meanwhile, mix sugar and cornstarch in medium saucepan. Gradually whisk in water until blended. Bring to boil on medium heat; cook 5 min., stirring constantly.
- Remove from heat.
- Add dry gelatin mixes; stir 2 min. until completely dissolved.
- Add remaining butter; stir until melted. Refrigerate 30 min. or until slightly thickened, stirring occasionally.
- Pour into crust. Refrigerate 3 hours or until firm.
- Run knife around tart to loosen from rim of pan; remove rim. Microwave jam in microwaveable bowl on HIGH 15 sec. Arrange mango slices on tart; brush with jam.

Nutrition Facts



PROTEIN 3.49% FAT 35.62% CARBS 60.89%

Properties

Glycemic Index:49.77, Glycemic Load:23.6, Inflammation Score:-4, Nutrition Score:3.6334782333478%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 461.31kcal (23.07%), Fat: 18.73g (28.82%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 72.04g (24.01%), Net Carbohydrates: 71.27g (25.92%), Sugar: 54.26g (60.29%), Cholesterol: 36.91mg (12.3%), Sodium: 387.77mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin A: 666.2IU (13.32%), Vitamin C: 8.24mg (9.99%), Folate: 34.71µg (8.68%), Vitamin B1: 0.12mg (8.21%), Phosphorus: 67.16mg (6.72%), Vitamin B2: 0.09mg (5.56%), Copper: 0.09mg (4.52%), Vitamin B3: 0.87mg (4.33%), Selenium: 2.88µg (4.12%), Vitamin E: 0.59mg (3.95%), Fiber: 0.77g (3.08%), Potassium: 70.8mg (2.02%), Vitamin K: 2.06µg (1.96%), Vitamin B6: 0.03mg (1.35%), Calcium: 12.35mg (1.23%), Magnesium: 4.57mg (1.14%), Manganese: 0.02mg (1.1%)