



Nectarine and Mascarpone Tart in Gingersnap Crust

READY IN



45 min.

SERVINGS



8

CALORIES



446 kcal

DESSERT

Ingredients

- ☐ 6 ounces cream cheese room temperature
- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 25 gingersnaps (6 ounces;)
- ☐ 0.3 cup jam warmed
- ☐ 1 tablespoon lemon zest grated
- ☐ 8 ounce mascarpone cheese
- ☐ 4 small nectarines pitted halved cut into thin slices
- ☐ 0.3 cup cream sour

- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 0.3 teaspoon vanilla extract

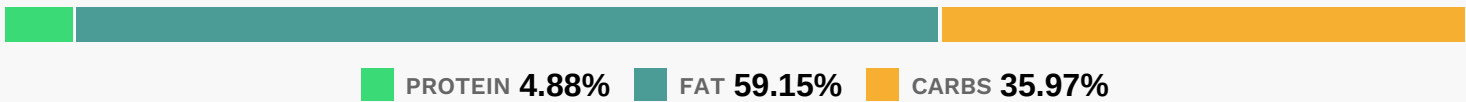
Equipment

- ☐ bowl
- ☐ oven
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F. Finely grind gingersnaps in processor.
- ☐ Add butter and blend until crumbs are evenly moistened. Press mixture over bottom and up sides of 9-inch-diameter tart pan with removable bottom.
- ☐ Bake crust until color darkens, pressing sides with back of spoon if beginning to slide, about 8 minutes. Cool completely.
- ☐ Beat first 6 ingredients in medium bowl until smooth. Beat in crystallized ginger.
- ☐ Spread filling in prepared crust. Cover loosely and refrigerate at least 2 hours and up to 1 day.
- ☐ Overlap nectarine slices atop filling in concentric circles.
- ☐ Brush with jam.
- ☐ Sprinkle with chopped crystallized ginger.
- ☐ Serve, or refrigerate up to 6 hours.
- ☐ * Italian cream cheese available at Italian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:10.77, Inflammation Score:-6, Nutrition Score:6.489130380361%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 445.58kcal (22.28%), Fat: 29.57g (45.5%), Saturated Fat: 17.14g (107.12%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 38.83g (14.12%), Sugar: 23.82g (26.47%), Cholesterol: 69.32mg (23.11%), Sodium: 219.05mg (9.52%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 5.49g (10.97%), Vitamin A: 1119.45IU (22.39%), Manganese: 0.38mg (19.16%), Iron: 1.68mg (9.36%), Vitamin B2: 0.15mg (9.11%), Calcium: 90.62mg (9.06%), Vitamin B3: 1.47mg (7.34%), Copper: 0.14mg (6.89%), Phosphorus: 66.96mg (6.7%), Folate: 26.73µg (6.68%), Vitamin E: 1mg (6.63%), Fiber: 1.65g (6.58%), Potassium: 208.63mg (5.96%), Selenium: 3.54µg (5.05%), Vitamin B1: 0.07mg (4.97%), Magnesium: 19.85mg (4.96%), Vitamin C: 3.84mg (4.65%), Vitamin B5: 0.36mg (3.6%), Vitamin B6: 0.06mg (2.8%), Vitamin K: 2.89µg (2.75%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.07µg (1.23%)