



Orange-Glazed Strawberry Tart

READY IN



31 min.

SERVINGS



12

CALORIES



299 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 0.8 cup butter
- 0.3 cup powdered sugar
- 0.3 teaspoon salt
- 1 cup cream sour
- 1 cup milk
- 1 package vanilla pudding instant (4-serving size)
- 4 cups strawberries
- 0.3 cup orange marmalade

2 tablespoons pear liqueur orange-flavored

Equipment

oven

pizza pan

hand mixer

tart form

Directions

Heat oven to 400°F.

Mix flour, butter, powdered sugar and salt with hands until crumbly. Press firmly and evenly in bottom of ungreased 11-inch tart pan with removable bottom or 12-inch pizza pan.

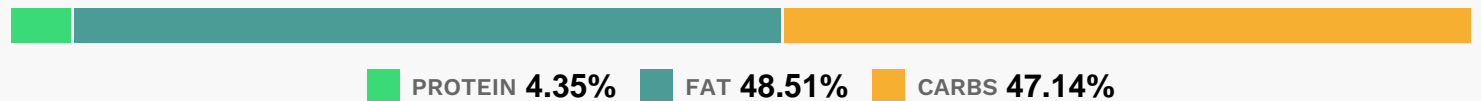
Bake 8 to 10 minutes or until light brown; cool.

Remove side from tart pan if necessary.

Mix sour cream, milk and pudding and pie filling (dry) with hand beater or electric mixer on low speed 1 to 2 minutes until blended; spread over crust. Arrange strawberries on pudding mixture.

Heat marmalade and liqueur over low heat until melted. Cool slightly; spoon over strawberries. Immediately refrigerate any remaining dessert after serving.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:10.08, Inflammation Score:-6, Nutrition Score:7.0260870093885%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate:

0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg
Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,
Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg
Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg,
Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 298.61kcal (14.93%), Fat: 16.12g (24.8%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 35.24g (11.75%),
Net Carbohydrates: 33.75g (12.27%), Sugar: 19.92g (22.13%), Cholesterol: 13.75mg (4.58%), Sodium: 252.54mg
(10.98%), Alcohol: 0.99g (100%), Alcohol %: 0.9% (100%), Protein: 3.25g (6.5%), Vitamin C: 28.85mg (34.97%),
Manganese: 0.3mg (14.87%), Vitamin A: 671.11IU (13.42%), Folate: 42.21µg (10.55%), Vitamin B1: 0.15mg (10.08%),
Selenium: 6.73µg (9.61%), Vitamin B2: 0.16mg (9.24%), Phosphorus: 67.28mg (6.73%), Calcium: 62.49mg (6.25%),
Fiber: 1.49g (5.97%), Vitamin B3: 1.15mg (5.77%), Iron: 0.96mg (5.32%), Vitamin E: 0.68mg (4.51%), Potassium:
155.54mg (4.44%), Magnesium: 14.64mg (3.66%), Copper: 0.06mg (2.96%), Vitamin B5: 0.28mg (2.82%), Vitamin
B12: 0.16µg (2.74%), Vitamin B6: 0.05mg (2.63%), Zinc: 0.33mg (2.19%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.45µg
(1.38%)