



Orange-Glazed Strawberry Tart

READY IN



31 min.

SERVINGS



12

CALORIES



299 kcal

DESSERT

Ingredients

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

4 cups strawberries

Equipment

oven

pizza pan

hand mixer

tart form

Directions

Heat oven to 400F.

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.

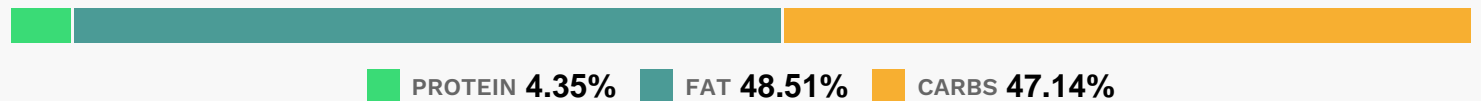
Bake 8 to 10 minutes or until light brown; cool.

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%)