



OREO Fruit "Tart

READY IN



15 min.

SERVINGS



15

CALORIES



171 kcal

DESSERT

Ingredients

- 2 Tbsp apricot preserves melted
- 8 oz philadelphia cream cheese softened
- 2 cups fruit fresh assorted sliced (blueberries, raspberries, bananas, strawberries)
- 4 oreo cookies finely chopped
- 6 oz oreo pie crust
- 0.3 cup sugar
- 2 cups cool whip whipped topping thawed

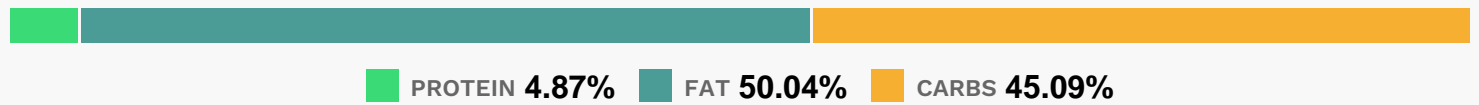
Equipment

- bowl
- blender

Directions

- Beat cream cheese and sugar in medium bowl with mixer until blended. Gently stir in COOL WHIP.
- Spoon into crust.
- Top with chopped cookies and fruit; brush fruit with preserves.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:2.9991304174713%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 171.16kcal (8.56%), Fat: 9.7g (14.92%), Saturated Fat: 4.94g (30.84%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.97g (6.9%), Sugar: 12.91g (14.34%), Cholesterol: 15.47mg (5.16%), Sodium: 125.88mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin C: 11.52mg (13.97%), Manganese: 0.1mg (4.93%), Phosphorus: 46.89mg (4.69%), Iron: 0.84mg (4.66%), Vitamin B2: 0.08mg (4.64%), Vitamin A: 218.29IU (4.37%), Folate: 16.19µg (4.05%), Vitamin B1: 0.05mg (3.28%), Fiber: 0.69g (2.76%), Selenium: 1.86µg (2.65%), Calcium: 26.08mg (2.61%), Potassium: 82.99mg (2.37%), Magnesium: 9.46mg (2.36%), Vitamin B3: 0.46mg (2.3%), Vitamin E: 0.32mg (2.12%), Vitamin K: 1.94µg (1.84%), Copper: 0.03mg (1.33%), Vitamin B5: 0.12mg (1.2%), Vitamin

B6: 0.02mg (1.04%)