



Peach and Blackberry Tart with Oatmeal-Cookie Crust

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.7 cup all-natural apricot nectar
- ☐ 1.3 cups blackberries
- ☐ 2 cups oatmeal-cookie crumbs crispy (made from 32 oatmeal cookies)
- ☐ 5 teaspoons cornstarch
- ☐ 1.3 teaspoons juice of lemon fresh
- ☐ 2.7 cups peaches peeled coarsely chopped
- ☐ 5 tablespoons sugar
- ☐ 5 tablespoons butter unsalted melted

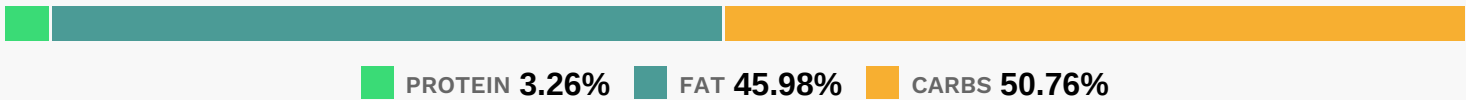
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ potato masher
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Preheat oven to 375°F. Spray 10-inch-diameter fluted tart pan with removable bottom with nonstick spray.
- ☐ Mix cookie crumbs and melted butter in medium bowl until moist clumps form. Press dough evenly over bottom and up sides of prepared pan.
- ☐ Bake until dry, about 10 minutes. Cool crust completely. (Can be made 1 day ahead. Cover tightly with foil.
- ☐ Let stand at room temperature.)
- ☐ Whisk nectar, sugar, and cornstarch in heavy medium saucepan until smooth.
- ☐ Add half of peaches and lemon juice. Using potato masher, mash to coarse puree. Simmer over medium heat until mixture is thick, stirring constantly, about 5 minutes. Cool completely. Fold in remaining peaches.
- ☐ Spread filling evenly in crust. Arrange blackberries around top edge of tart. Refrigerate until cold, at least 4 hours and up to 6 hours. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:17.26, Inflammation Score:-6, Nutrition Score:6.0526086973107%

Flavonoids

Cyanidin: 23.47mg, Cyanidin: 23.47mg, Cyanidin: 23.47mg, Cyanidin: 23.47mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 10.86mg, Catechin: 10.86mg, Catechin: 10.86mg, Catechin: 10.86mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 268kcal (13.4%), Fat: 14.02g (21.56%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 32.49g (11.81%), Sugar: 20.99g (23.32%), Cholesterol: 18.81mg (6.27%), Sodium: 97.98mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin C: 13.34mg (16.17%), Vitamin A: 730.97IU (14.62%), Manganese: 0.29mg (14.59%), Vitamin E: 1.54mg (10.25%), Fiber: 2.32g (9.29%), Vitamin K: 9.61µg (9.15%), Vitamin B1: 0.12mg (7.88%), Folate: 29.58µg (7.4%), Vitamin B3: 1.41mg (7.07%), Vitamin B2: 0.11mg (6.35%), Iron: 1.09mg (6.07%), Copper: 0.11mg (5.32%), Selenium: 2.89µg (4.12%), Potassium: 138.18mg (3.95%), Phosphorus: 36.11mg (3.61%), Magnesium: 13.41mg (3.35%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.25mg (2.47%), Vitamin B6: 0.05mg (2.28%), Calcium: 16.38mg (1.64%)