



Peach Melba Tart

READY IN



37 min.

SERVINGS



10

CALORIES



105 kcal

DESSERT

Ingredients

- 3 tablespoons butter melted
- 1 tablespoon ginger fresh minced peeled
- 1 envelope gelatin powder unflavored
- 0 gingersnaps crushed
- 2 tablespoons juice of lime fresh
- 16 ounce peaches frozen thawed sliced
- 1 cup raspberries frozen thawed
- 0.3 cup sugar
- 2 tablespoons sugar

- 2 tablespoons water boiling
- 1 cup non-dairy whipped topping fat-free frozen thawed

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- sieve
- blender
- tart form

Directions

- Preheat oven to 350
- Combine gingersnaps and butter; stir well. Press mixture into a 9-inch round removable-bottom tart pan coated with cooking spray.
- Bake at 350 for 9 minutes or until lightly browned. Cool on a wire rack.
- Place peaches and 1/3 cup sugar in a blender; process until smooth.
- Combine gelatin and boiling water; stir until gelatin dissolves.
- Add gelatin mixture to blender; process 15 seconds.
- Transfer peach mixture to a large bowl; cover and chill 1 hour.
- Combine raspberries and next 3 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer 5 minutes or until mixture thickens. Strain mixture through a sieve into a bowl; discard solids. Cover and chill 30 minutes.
- Fold whipped topping into peach mixture.
- Pour onto prepared crust. Spoon raspberry mixture over peach mixture; swirl mixtures together using a knife. Cover and chill 8 hours.
- Remove sides of pan before serving.

Nutrition Facts

PROTEIN 5.19% FAT 32.55% CARBS 62.26%

Properties

Glycemic Index:27.14, Glycemic Load:8.09, Inflammation Score:-3, Nutrition Score:2.6743478308553%

Flavonoids

Cyanidin: 6.36mg, Cyanidin: 6.36mg, Cyanidin: 6.36mg, Cyanidin: 6.36mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 105.14kcal (5.26%), Fat: 4.02g (6.18%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 15.78g (5.74%), Sugar: 14.65g (16.28%), Cholesterol: 10.23mg (3.41%), Sodium: 40.19mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 5.94mg (7.2%), Fiber: 1.52g (6.07%), Manganese: 0.11mg (5.57%), Vitamin A: 271.41IU (5.43%), Vitamin B2: 0.07mg (4.15%), Vitamin E: 0.55mg (3.65%), Copper: 0.07mg (3.31%), Potassium: 89.27mg (2.55%), Vitamin K: 2.63µg (2.51%), Vitamin B3: 0.48mg (2.38%), Selenium: 1.58µg (2.26%), Phosphorus: 20.5mg (2.05%), Vitamin B12: 0.12µg (1.97%), Magnesium: 7.68mg (1.92%), Vitamin B1: 0.03mg (1.81%), Folate: 7.23µg (1.81%), Calcium: 15.02mg (1.5%), Vitamin B6: 0.03mg (1.48%), Iron: 0.26mg (1.44%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.19%)