

Piña Colada Tart

READY IN



105 min.

SERVINGS



12

CALORIES



359 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 tablespoon butter
- ☐ 20 oz pineapple rings drained sliced cut in half canned
- ☐ 2 tablespoons coconut or toasted
- ☐ 0.3 cup cornstarch
- ☐ 1 cup cream of coconut canned (not coconut milk)
- ☐ 2 tablespoons rum extract dark
- ☐ 2 egg yolk
- ☐ 1 tablespoon orange juice dark

- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 cup sugar
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ tart form

Directions

- ☐ Heat oven to 425°F.
- ☐ Place pie crust in 10-inch tart pan with removable bottom. Press in bottom and up side of pan. Trim edge if necessary. Prick with fork.
- ☐ Bake 9 to 11 minutes or until lightly browned. Cool on wire rack.
- ☐ Meanwhile, in 2-quart saucepan, mix sugar and cornstarch. In small bowl, mix cream of coconut, milk and egg yolks; gradually stir into sugar mixture. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Beat in butter and 2 tablespoons rum with wire whisk. Cool at room temperature 1 hour.
- ☐ Pour cooled pie filling into baked tart shell. Arrange pineapple slices in decorative pattern over filling. In small microwavable bowl, microwave jam uncovered on High 20 seconds. Stir in 1 tablespoon rum; mix well with fork.
- ☐ Brush glaze over pineapple.
- ☐ Sprinkle with toasted coconut. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:3.35, Inflammation Score:-2, Nutrition Score:4.9078261126643%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 359.45kcal (17.97%), Fat: 15.55g (23.92%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 49.54g (18.01%), Sugar: 30.65g (34.05%), Cholesterol: 34.84mg (11.61%), Sodium: 171.74mg (7.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin B1: 0.16mg (10.56%), Fiber: 2.39g (9.54%), Manganese: 0.17mg (8.3%), Folate: 30.78µg (7.69%), Vitamin C: 5.61mg (6.8%), Vitamin B2: 0.11mg (6.67%), Iron: 1.14mg (6.35%), Selenium: 4.44µg (6.34%), Phosphorus: 61.49mg (6.15%), Vitamin B3: 1.07mg (5.34%), Calcium: 44.48mg (4.45%), Copper: 0.09mg (4.44%), Vitamin B6: 0.08mg (3.86%), Potassium: 134.94mg (3.86%), Magnesium: 15.41mg (3.85%), Vitamin A: 154.83IU (3.1%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.17µg (2.82%), Vitamin K: 2.85µg (2.71%), Vitamin D: 0.39µg (2.57%), Zinc: 0.36mg (2.43%), Vitamin E: 0.3mg (1.97%)