



Plum Cream Cheese Tart

READY IN



120 min.

SERVINGS



8

CALORIES



384 kcal

DESSERT

Ingredients

- ☐ 6 oz cream cheese softened
- ☐ 2 eggs
- ☐ 1 teaspoon orange zest grated
- ☐ 2 large plums pitted sliced
- ☐ 0.8 cup powdered sugar
- ☐ 2 tablespoons currant jelly red melted
- ☐ 1 box pie crust dough refrigerated softened pillsbury®

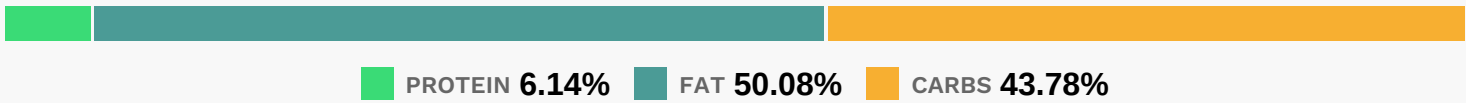
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Heat oven to 450°F.
- ☐ Place pie crust in 9-inch tart pan with removable bottom or 9-inch glass pie plate. Trim edges if necessary. Generously prick crust with fork.
- ☐ Bake about 7 minutes or until very lightly brown. Cool on cooling rack 5 minutes. Reduce oven temperature to 325°F.
- ☐ Meanwhile, in small bowl, beat cream cheese and powdered sugar with electric mixer on low speed until smooth.
- ☐ Add orange peel and eggs; beat until smooth and well blended.
- ☐ Spread in partially baked crust. Arrange sliced plums over cream cheese filling.
- ☐ Bake at 325°F 25 to 30 minutes or until filling is set. Cool on cooling rack 15 minutes. Refrigerate at least 1 hour until chilled.
- ☐ Just before serving, brush melted jelly over tart. Cover and refrigerate any remaining tart.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:2.82, Inflammation Score:-3, Nutrition Score:5.8952173875726%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 384.14kcal (19.21%), Fat: 21.45g (32.99%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 40.62g (14.77%), Sugar: 15.9g (17.67%), Cholesterol: 62.39mg (20.8%), Sodium: 288.72mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Manganese: 0.24mg (11.87%), Selenium: 8.23µg (11.75%), Vitamin B2: 0.19mg (11.45%), Folate: 43.53µg (10.88%), Vitamin B1: 0.15mg (10.17%), Iron: 1.58mg (8.76%), Phosphorus: 84.17mg (8.42%), Vitamin A: 403.43IU (8.07%), Vitamin B3: 1.45mg (7.25%), Fiber: 1.56g (6.25%), Vitamin B5: 0.52mg (5.17%), Vitamin K: 5.19µg (4.94%), Calcium: 38.79mg (3.88%), Vitamin E: 0.58mg (3.85%), Potassium: 122.26mg (3.49%), Zinc: 0.49mg (3.3%), Copper: 0.06mg (3.23%), Vitamin B6: 0.06mg (3.09%), Magnesium: 12.14mg (3.04%), Vitamin C: 2.35mg (2.85%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.22µg (1.47%)