



Plum Pinwheel Tart

READY IN



45 min.

SERVINGS



10

CALORIES



286 kcal

DESSERT

Ingredients

- 0.5 cup cream cheese fat-free block-style
- 1 large eggs
- 2 cups flour all-purpose
- 0.7 cup granulated sugar
- 2 tablespoons granulated sugar
- 6 tablespoons butter
- 0.3 cup currant jelly red
- 4 cups red-fleshed plums ripe thinly sliced (12 medium)
- 0.3 teaspoon salt

- 1 teaspoon vanilla extract
- 1 teaspoon water
- 2 tablespoons water

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- plastic wrap
- microwave
- spatula
- measuring cup

Directions

- Combine the first 4 ingredients in a large bowl, and beat at medium speed of a mixer for 2 minutes or until mixture is light and fluffy.
- Add 1 egg, and beat at high speed for 1 minute or until mixture is very smooth. Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine flour and salt, and add to sugar mixture, beating at low speed just until the flour mixture is moist. Gently shape the dough into a ball on heavy-duty plastic wrap, and cover with additional plastic wrap. Freeze dough 2 hours.
- Preheat oven to 40
- Roll dough, still covered, into a 14-inch circle on a lightly floured surface.
- Remove bottom sheet of plastic wrap.
- Place the dough on a large baking sheet coated with cooking spray, and remove top sheet of plastic wrap. Arrange plum slices over dough, leaving a 3-inch border.

- Combine red currant jelly and 2 tablespoons water in a small microwave-safe dish, and cook on high for 30 seconds or until jelly melts.
- Brush melted jelly mixture over plums. Fold 3-inch border of dough over plums, pressing gently to seal (dough will partially cover plums).
- Combine 1 egg and 1 teaspoon water.
- Brush dough with egg mixture, and sprinkle with turbinado sugar.
- Bake at 400 for 25 minutes or until lightly browned. Cool tart on pan for 5 minutes. Carefully slide tart onto a platter using a spatula.

Nutrition Facts

PROTEIN 7.68% **FAT 24.37%** **CARBS 67.95%**

Properties

Glycemic Index:30.88, Glycemic Load:30.51, Inflammation Score:-5, Nutrition Score:6.9813043526981%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 286.13kcal (14.31%), Fat: 7.84g (12.06%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 47.46g (17.26%), Sugar: 27.13g (30.14%), Cholesterol: 19.96mg (6.65%), Sodium: 227.36mg (9.89%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 5.56g (11.11%), Selenium: 10.83µg (15.47%), Vitamin B1: 0.22mg (14.9%), Folate: 56.37µg (14.09%), Vitamin B2: 0.21mg (12.14%), Vitamin A: 561.16IU (11.22%), Phosphorus: 110.13mg (11.01%), Manganese: 0.21mg (10.66%), Vitamin B3: 1.79mg (8.94%), Vitamin C: 7.03mg (8.53%), Iron: 1.43mg (7.95%), Fiber: 1.69g (6.77%), Calcium: 54.74mg (5.47%), Potassium: 179.68mg (5.13%), Copper: 0.09mg (4.59%), Vitamin K: 4.34µg (4.13%), Vitamin B5: 0.38mg (3.79%), Magnesium: 13.88mg (3.47%), Vitamin E: 0.51mg (3.41%), Zinc: 0.48mg (3.22%), Vitamin B12: 0.16µg (2.67%), Vitamin B6: 0.05mg (2.34%)