



Raspberry Sour Cream Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 6 ounces cream cheese room temperature
- ☐ 0.3 cup brown sugar packed ()
- ☐ 8 graham crackers whole
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 pint baskets raspberries
- ☐ 0.3 cup raspberry jam seedless
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar

- ☐ 0.3 cup butter unsalted melted ()
- ☐ 0.5 teaspoon vanilla extract

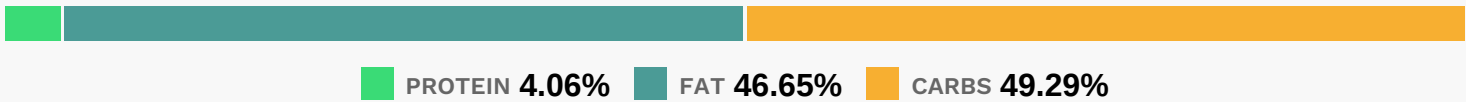
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Preheat oven to 375°F. Grind crackers and sugar in processor until coarse crumbs form.
- ☐ Add butter and process until crumbs are evenly moistened. Press crumb mixture firmly onto bottom and up sides of 9-inch-diameter tart pan with removable bottom.
- ☐ Bake until crust is firm to touch, about 8 minutes. Cool crust on rack.
- ☐ Using electric mixer, beat cream cheese and sugar in medium bowl until smooth. Beat in sour cream, lemon juice and vanilla.
- ☐ Spread filling in cooled crust. Chill until firm, at least 4 hours. (Can be made 1 day ahead. Cover; keep chilled.)
- ☐ Arrange berries over filling.
- ☐ Whisk jam in small bowl to loose consistency.
- ☐ Drizzle over berries.
- ☐ Serve immediately or chill up to 3 hours.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:18.47, Inflammation Score:-5, Nutrition Score:6.980434767578%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 332.6kcal (16.63%), Fat: 17.68g (27.2%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 37.59g (13.67%), Sugar: 27.33g (30.37%), Cholesterol: 45.21mg (15.07%), Sodium: 170.29mg (7.4%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.46g (6.92%), Vitamin C: 17.04mg (20.66%), Manganese: 0.41mg (20.51%), Fiber: 4.44g (17.76%), Vitamin A: 571.97IU (11.44%), Vitamin B2: 0.14mg (8.33%), Phosphorus: 83.22mg (8.32%), Calcium: 70.71mg (7.07%), Magnesium: 25.91mg (6.48%), Iron: 1.13mg (6.26%), Vitamin E: 0.93mg (6.21%), Folate: 23.34µg (5.83%), Vitamin K: 5.77µg (5.5%), Potassium: 180.98mg (5.17%), Vitamin B3: 0.93mg (4.66%), Zinc: 0.69mg (4.6%), Selenium: 2.9µg (4.14%), Vitamin B1: 0.06mg (4.07%), Copper: 0.08mg (3.99%), Vitamin B5: 0.38mg (3.85%), Vitamin B6: 0.07mg (3.51%), Vitamin B12: 0.09µg (1.48%)