



## Rustic Fruit Tart

 Vegetarian

READY IN



105 min.

SERVINGS



45

CALORIES



55 kcal

DESSERT

### Ingredients

- 0.3 cup apricot preserves
- 0.5 cup butter softened
- 0.5 cup philadelphia cream cheese spread ()
- 1 Tbsp cornstarch
- 1.5 cups flour
- 1 tsp ground ginger
- 2 nectarines thinly sliced
- 4 plums thinly sliced

0.3 cup sugar

## Equipment

food processor

baking sheet

oven

plastic wrap

## Directions

Use pulsing action to process flour, butter and cream cheese in food processor until mixture is well blended and starts to form ball. Shape dough into ball; wrap tightly with plastic wrap. Refrigerate 1 hour or until chilled.

Heat oven to 400F.

Roll pastry on lightly floured surface to 12-inch circle.

Transfer to baking sheet lightly sprayed with cooking spray.

Toss fruit with sugar, ginger and cornstarch.

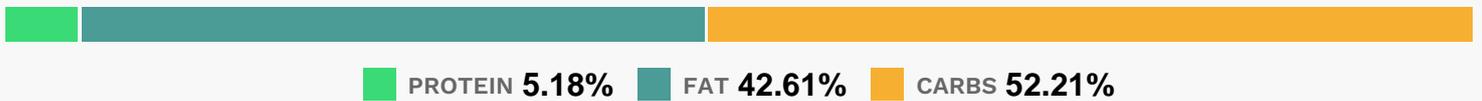
Spread over crust to within 2 inches of edge of crust. Fold edge of crust over fruit.

Bake 30 min.

Remove from oven; spread fruit with jam.

Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:6.15, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:1.0678260977501%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 55.42kcal (2.77%), Fat: 2.68g (4.12%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 7.08g (2.57%), Sugar: 3.41g (3.79%), Cholesterol: 6.99mg (2.33%), Sodium: 29.57mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin A: 131.79IU (2.64%), Manganese: 0.05mg (2.45%), Vitamin B1: 0.04mg (2.44%), Selenium: 1.51µg (2.16%), Folate: 8.4µg (2.1%), Vitamin B3: 0.35mg (1.73%), Vitamin B2: 0.03mg (1.49%), Iron: 0.24mg (1.34%), Fiber: 0.3g (1.21%), Vitamin C: 0.89mg (1.08%)