



Spring Apricot Tart

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

DESSERT

Ingredients

- ☐ 10 ounce apple jelly
- ☐ 8 apricots ripe
- ☐ 1 cup blueberries for garnish
- ☐ 15 ounce pillsbury pie crusts
- ☐ 0.3 cup slivered almonds
- ☐ 3 tablespoons sugar
- ☐ 8 nabisco social tea biscuits

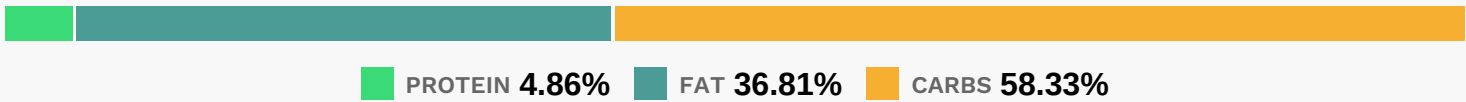
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ tart form

Directions

- ☐ Heat oven to 350 F. Fit 1 piecrust into a 9-inch tart pan with a removable bottom (save the other crust for future use).
- ☐ Place the almonds, cookies, and sugar in a blender or food processor and pulse to a fine sand; sprinkle on the bottom of the crust. Halve and pit the apricots. Arrange them, cut-side down, on top of the crumbs.
- ☐ Bake for 25 minutes or until the crust is golden brown.
- ☐ Remove from oven and cool on a wire rack.
- ☐ Put the jelly into a small saucepan and warm over medium heat until melted and bubbling, stirring constantly. Spoon over the tart. Set aside to cool completely.
- ☐ Garnish with blueberries or blackberries and serve.

Nutrition Facts



Properties

Glycemic Index:44.29, Glycemic Load:29.22, Inflammation Score:-7, Nutrition Score:12.43565213162%

Flavonoids

Cyanidin: 24.14mg, Cyanidin: 24.14mg, Cyanidin: 24.14mg, Cyanidin: 24.14mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 10.68mg, Catechin: 10.68mg, Catechin: 10.68mg, Catechin: 10.68mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg
Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.16mg, Myricetin:
0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin:
1.64mg

Nutrients (% of daily need)

Calories: 614.34kcal (30.72%), Fat: 25.32g (38.95%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 90.28g
(30.09%), Net Carbohydrates: 84.86g (30.86%), Sugar: 37.53g (41.7%), Cholesterol: 0mg (0%), Sodium: 352.89mg
(15.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Manganese: 0.72mg (35.88%), Fiber:
5.42g (21.68%), Folate: 78.45µg (19.61%), Vitamin E: 2.94mg (19.6%), Vitamin A: 962.4IU (19.25%), Vitamin B1:
0.28mg (18.71%), Vitamin B2: 0.29mg (17.22%), Iron: 3.03mg (16.82%), Vitamin C: 13.86mg (16.81%), Vitamin B3:
3.02mg (15.1%), Copper: 0.25mg (12.53%), Vitamin K: 12.93µg (12.32%), Phosphorus: 113.68mg (11.37%), Magnesium:
40.05mg (10.01%), Potassium: 320.71mg (9.16%), Selenium: 6.24µg (8.91%), Zinc: 0.82mg (5.47%), Vitamin B5:
0.54mg (5.43%), Calcium: 53.88mg (5.39%), Vitamin B6: 0.09mg (4.75%)