



## Strawberry-Almond Cream Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



389 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 tablespoons almonds toasted sliced
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon cornstarch
- ☐ 36 honey graham crackers ( 9 sheets)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.7 cup cream cheese light
- ☐ 6 cups strawberries fresh divided

- ☐ 0.3 cup sugar
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 4 teaspoons water

## Equipment

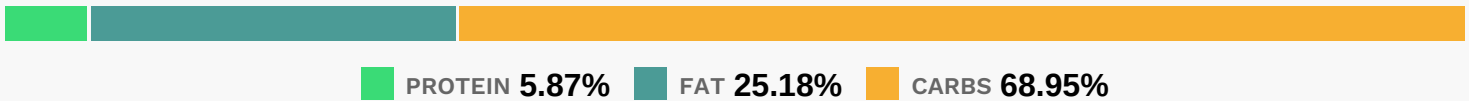
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ springform pan
- ☐ tart form

## Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, place crackers in a food processor; process until crumbly.
- ☐ Add 2 tablespoons sugar, butter, and water; pulse just until moist.
- ☐ Place mixture in a 9-inch round removable-bottom tart pan coated with cooking spray, pressing into bottom and up sides of pan to 3/4 inch.
- ☐ Bake at 350 for 10 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ To prepare filling, combine cream cheese, 1/4 cup sugar, and extracts in a medium bowl; stir until smooth.
- ☐ Spread mixture evenly over bottom of tart shell.
- ☐ To prepare topping, place 2 cups strawberries in food processor; process until pureed.

- ☐ Combine strawberry puree, 2/3 cup sugar, and cornstarch in a small saucepan over medium heat, stirring with a whisk. Bring to a boil, stirring constantly. Reduce heat to low; cook 1minute.
- ☐ Remove glaze from heat, and cool to room temperature, stirring occasionally.
- ☐ Combine 4 cups strawberries and juice; toss to coat. Arrange berries, bottoms up, in a circular pattern over filling. Spoon half of glaze evenly over berries (reserve remaining glaze for another use).
- ☐ Sprinkle nuts around edge. Cover and chill 3 hours.
- ☐ Note: You can use either an 8 x 12–inch rectangular pan or a 9–inch round tart pan. The recipe also works with a 9–inch springform pan and a 10–inch pie plate.

## Nutrition Facts



## Properties

Glycemic Index:38.43, Glycemic Load:43.61, Inflammation Score:-5, Nutrition Score:10.257391289524%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 389.23kcal (19.46%), Fat: 11.09g (17.06%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 68.3g (22.77%), Net Carbohydrates: 64.59g (23.49%), Sugar: 37.6g (41.78%), Cholesterol: 14.66mg (4.89%), Sodium: 408.89mg

(17.78%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 5.81g (11.63%), Vitamin C: 51.38mg (62.28%), Manganese: 0.38mg (19.15%), Phosphorus: 157.4mg (15.74%), Fiber: 3.7g (14.81%), Iron: 2.55mg (14.19%), Folate: 48.22µg (12.06%), Magnesium: 47.87mg (11.97%), Vitamin B3: 2.33mg (11.67%), Vitamin B2: 0.2mg (11.63%), Vitamin B1: 0.15mg (9.78%), Zinc: 1.26mg (8.39%), Calcium: 83.78mg (8.38%), Potassium: 278.68mg (7.96%), Vitamin E: 0.87mg (5.82%), Vitamin B6: 0.1mg (5.09%), Copper: 0.08mg (4.25%), Vitamin A: 168.77IU (3.38%), Vitamin B5: 0.26mg (2.58%), Vitamin B12: 0.15µg (2.53%), Vitamin K: 2.27µg (2.16%), Selenium: 1.24µg (1.78%)