



Strawberry-Kiwi-Almond Tart

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

Ingredients

- ☐ 7 oz almond paste
- ☐ 0.3 cup apricot preserves
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 kiwi fruit peeled halved lengthwise sliced
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 1 lb strawberries fresh sliced

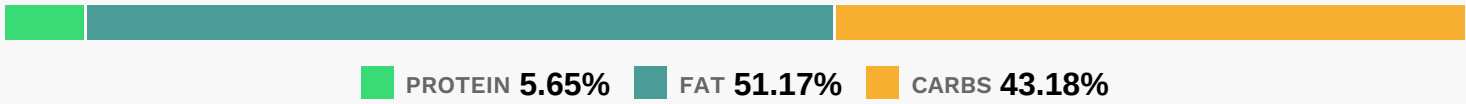
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In food processor bowl with metal blade, place almond paste. Cover; process with on-and-off pulses until finely ground.
- ☐ Add butter, flour and egg; process until smooth. Set aside.
- ☐ On ungreased cookie sheet, unroll dough into 1 large rectangle. Press into 12x9-inch rectangle, firmly pressing perforations to seal. Fold 1/2 inch of dough edges over, forming crust rim.
- ☐ Spread almond paste mixture over dough to within rim.
- ☐ Bake 15 to 20 minutes or until crust is golden brown. Immediately spread preserves over tart. Arrange fruit over warm tart.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:2.43, Inflammation Score:-4, Nutrition Score:6.8547825605973%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 218.51kcal (10.93%), Fat: 13g (20%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 22.63g (8.23%), Sugar: 13.24g (14.72%), Cholesterol: 13.64mg (4.55%), Sodium: 202.79mg (8.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin C: 34.02mg (41.23%), Vitamin E: 2.73mg (18.21%), Manganese: 0.31mg (15.69%), Fiber: 2.05g (8.21%), Magnesium: 29.89mg (7.47%), Folate: 29.19µg (7.3%), Phosphorus: 66.74mg (6.67%), Vitamin K: 6.96µg (6.63%), Vitamin B2: 0.11mg (6.26%), Copper: 0.12mg (6.15%), Iron: 0.84mg (4.67%), Calcium: 44.45mg (4.44%), Potassium: 151.97mg (4.34%), Vitamin A: 216.8IU (4.34%), Selenium: 2.52µg (3.61%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.04mg (2.57%), Zinc: 0.38mg (2.52%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.16mg (1.6%)