



Strawberry Kiwi Tart

 **Gluten Free**  **Dairy Free**

READY IN



122 min.

SERVINGS



6

CALORIES



182 kcal

DESSERT

Ingredients

- 0.3 cup sugar
- 0.3 cup butter firm softened
- 0.3 cup apricot preserves
- 2 cups strawberries sliced
- 2 grapes green seedless peeled sliced
- 0.3 cup apple jelly
- 1 serving whipped cream
- 1.3 cups frangelico

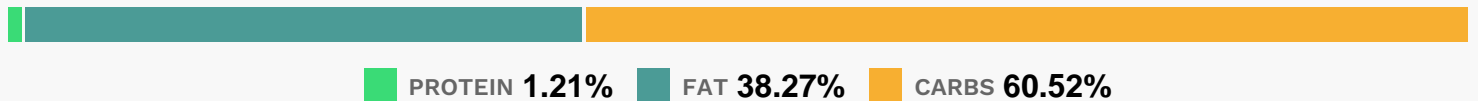
Equipment

- bowl
- frying pan
- oven
- blender
- springform pan

Directions

- Heat oven to 400°F.
- Mix Bisquick and sugar in medium bowl.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like coarse cornmeal.
- Press mixture in bottom of ungreased springform pan, 9x3 inches.
- Bake 9 to 12 minutes or until light brown. Cool 30 minutes.
- Remove side of pan.
- Heat apricot jam to boiling; immediately pour over crust, spreading evenly. Arrange strawberries and kiwifruit on top.
- Heat apple jelly to boiling; brush or spoon carefully over fruit. Refrigerate at least 1 hour.
- Cut into wedges.
- Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:12.39, Inflammation Score:-4, Nutrition Score:3.7856521780562%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 182.41kcal (9.12%), Fat: 8.04g (12.37%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 27.45g (9.98%), Sugar: 22.15g (24.61%), Cholesterol: 0.76mg (0.25%), Sodium: 98.35mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 30.41mg (36.86%), Manganese: 0.2mg (9.82%), Vitamin A: 372.24IU (7.44%), Fiber: 1.16g (4.64%), Folate: 13.33µg (3.33%), Vitamin E: 0.47mg (3.15%), Potassium: 100.73mg (2.88%), Copper: 0.05mg (2.49%), Magnesium: 7.71mg (1.93%), Iron: 0.33mg (1.81%), Vitamin B2: 0.03mg (1.79%), Phosphorus: 17.91mg (1.79%), Calcium: 16.58mg (1.66%), Vitamin B6: 0.03mg (1.5%), Vitamin K: 1.32µg (1.26%), Vitamin B1: 0.02mg (1.08%), Selenium: 0.74µg (1.05%)