



Strawberry-Kiwi Tart

READY IN



110 min.

SERVINGS



8

CALORIES



383 kcal

Ingredients

- ☐ 1 box vanilla pudding instant (4-serving size)
- ☐ 2 kiwi fruit peeled thinly sliced
- ☐ 8 oz cream sour reduced-fat
- ☐ 1.5 cups vanilla yogurt low-fat
- ☐ 2 tablespoons orange marmalade
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 1 cup strawberries fresh halved

Equipment

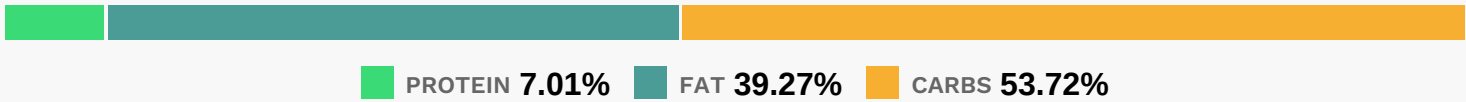
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ tart form

Directions

- ☐ Heat oven to 450°F. Make pie crust as directed on box for One-Crust
- ☐ Baked Shell, using 9-inch tart pan with removable bottom or 9-inch glass pie plate.
- ☐ Bake 9 to 11 minutes or until light golden brown. Cool completely, about 30 minutes.
- ☐ In medium bowl, mix filling ingredients with wire whisk until well blended.
- ☐ Pour into cooled baked shell. Arrange strawberries and kiwifruit on filling.
- ☐ In small microwavable bowl, microwave marmalade uncovered on High 5 to 10 seconds or until melted.
- ☐ Brush over fruit. Refrigerate about 1 hour or until set before serving. Cover and refrigerate any remaining tart.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:9.146521853364%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 382.84kcal (19.14%), Fat: 16.82g (25.87%), Saturated Fat: 6.34g (39.63%), Carbohydrates: 51.76g (17.25%), Net Carbohydrates: 49.37g (17.95%), Sugar: 21.85g (24.28%), Cholesterol: 12.22mg (4.07%), Sodium: 338.67mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin C: 28.44mg (34.47%), Manganese: 0.32mg (15.83%), Calcium: 141.37mg (14.14%), Folate: 53.86µg (13.46%), Vitamin B2: 0.22mg (13.17%), Phosphorus: 130.64mg (13.06%), Vitamin K: 13.4µg (12.76%), Vitamin B1: 0.18mg (11.92%), Fiber: 2.4g (9.6%), Selenium: 6.24µg (8.91%), Iron: 1.5mg (8.32%), Potassium: 286.04mg (8.17%), Vitamin B3: 1.58mg (7.88%), Vitamin B12: 0.36µg (6.04%), Magnesium: 23.76mg (5.94%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.52mg (5.21%), Copper: 0.09mg (4.71%), Vitamin E: 0.68mg (4.5%), Vitamin B6: 0.07mg (3.73%), Vitamin A: 138.29IU (2.77%)