



Summer Fruit Tart

 Vegetarian

READY IN



135 min.

SERVINGS



15

CALORIES



178 kcal

DESSERT

Ingredients

- 1 Tbsp apricot preserves
- 0.3 cup butter cold
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 1 cup flour
- 2 Tbsp ice water
- 1 cup peach and blackberries fresh
- 0.5 cup planters slivered almonds divided toasted

0.5 cup sugar divided

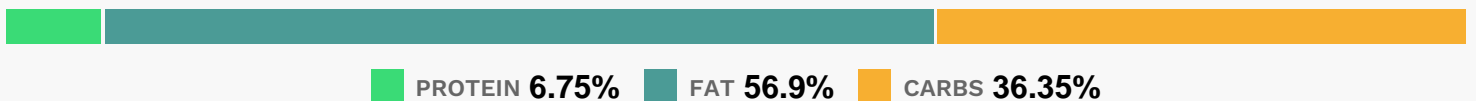
Equipment

- bowl
- frying pan
- oven
- blender
- microwave
- tart form

Directions

- Heat oven to 350F.
- Combine flour and 1/4 cup sugar in medium bowl.
- Cut in butter until mixture resembles coarse crumbs.
- Blend 1/2 cup nuts in blender until finely ground.
- Add to flour mixture along with the water; stir until mixture forms ball. Press onto bottom and up side of 9-inch tart pan.
- Bake 12 to 15 min. or until golden brown. Cool.
- Beat cream cheese, remaining sugar and egg with mixer until blended; pour into crust. Top with fruit and remaining nuts.
- Bake 25 to 30 min. or until edge of crust is golden brown. Microwave jam in microwaveable bowl on HIGH 15 sec. or until melted; stir.
- Brush over tart. Cool.
- Refrigerate 1 hour or until chilled.
- Remove side of pan before serving tart.

Nutrition Facts



Properties

Glycemic Index:18.16, Glycemic Load:9.87, Inflammation Score:-3, Nutrition Score:3.7365217131117%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 177.67kcal (8.88%), Fat: 11.5g (17.69%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.7g (5.71%), Sugar: 8.85g (9.84%), Cholesterol: 37.03mg (12.34%), Sodium: 86.31mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin E: 1.28mg (8.54%), Vitamin B2: 0.14mg (8.05%), Selenium: 5.51µg (7.87%), Vitamin A: 381.2IU (7.62%), Manganese: 0.15mg (7.43%), Vitamin B1: 0.08mg (5.34%), Phosphorus: 51.81mg (5.18%), Folate: 20.35µg (5.09%), Vitamin B3: 0.72mg (3.62%), Magnesium: 14.26mg (3.57%), Iron: 0.63mg (3.52%), Fiber: 0.83g (3.33%), Copper: 0.06mg (3.2%), Calcium: 29.26mg (2.93%), Potassium: 74.21mg (2.12%), Zinc: 0.31mg (2.09%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.03mg (1.25%), Vitamin B12: 0.07µg (1.13%)