



Triple Berry Mousse Tart

READY IN



340 min.

SERVINGS



10

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 0.8 cup berries such as strawberries mixed fresh chopped (Use more if needed)
- ☐ 12 oz smucker's® orchard's northwest triple berry preserves divided finest®
- ☐ 3 tablespoons firmly brown sugar packed
- ☐ 5 tablespoons butter melted
- ☐ 8 oz cream cheese softened
- ☐ 2 teaspoons gelatine unflavored
- ☐ 1.5 cups heavy cream divided
- ☐ 0.3 cup rolled oats quick
- ☐ 3 tablespoons sugar divided

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.7 cups vanilla wafer crumbs
- ☐ 3 tablespoons water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Combine cookie crumbs, oats and brown sugar in medium bowl. Stir in melted butter with a fork until evenly moistened. Press into 8-inch springform pan. If using a 9-inch springform, increase the crust ingredients by about 1/5 (see note). Beat 1 cup heavy cream until stiff peaks form. Beat in 2 tablespoons sugar and vanilla.
- ☐ Place cream cheese on microwave-safe plate. Microwave on HIGH 15 to 20 seconds or until very soft.
- ☐ Add to whipped cream, beating until smooth.
- ☐ Pour boiling water over gelatine in small bowl. Stir about 2 minutes or until gelatine is completely dissolved. Beat into cream cheese mixture until blended. Stir in 3/4 cup preserves.
- ☐ Spread over crumb crust. Chill 2 hours or overnight. Beat remaining 1/2 cup (or 1 cup) heavy cream until stiff peaks form. Beat in 1 or 2 tablespoon sugars.
- ☐ Place in resealable plastic bag.
- ☐ Cut small corner off bag.
- ☐ Remove outer rim of pan.
- ☐ Place dollops of whipped cream around outside edge of cheesecake. Stir remaining preserves with fresh mixed berries in small bowl. Spoon evenly in center of cheesecake.

Nutrition Facts



 **PROTEIN 4.34%**  **FAT 66.11%**  **CARBS 29.55%**

Properties

Glycemic Index:26.41, Glycemic Load:13.6, Inflammation Score:-6, Nutrition Score:5.4547826310863%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 8.29mg, Petunidin: 8.29mg, Petunidin: 8.29mg, Petunidin: 8.29mg Delphinidin: 9.85mg, Delphinidin: 9.85mg, Delphinidin: 9.85mg, Delphinidin: 9.85mg Malvidin: 22.66mg, Malvidin: 22.66mg, Malvidin: 22.66mg, Malvidin: 22.66mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 399.97kcal (20%), Fat: 30.04g (46.21%), Saturated Fat: 17.49g (109.31%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.45g (10.35%), Sugar: 18.69g (20.76%), Cholesterol: 78.48mg (26.16%), Sodium: 203.04mg (8.83%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 4.44g (8.88%), Vitamin A: 1025.3IU (20.51%), Vitamin B2: 0.19mg (11.04%), Vitamin K: 9.65µg (9.19%), Manganese: 0.17mg (8.59%), Vitamin B1: 0.12mg (7.8%), Phosphorus: 70.92mg (7.09%), Fiber: 1.76g (7.05%), Selenium: 4.3µg (6.14%), Vitamin E: 0.92mg (6.11%), Folate: 24.15µg (6.04%), Calcium: 55.92mg (5.59%), Vitamin B3: 0.8mg (3.98%), Vitamin D: 0.57µg (3.81%), Potassium: 120.65mg (3.45%), Vitamin B5: 0.32mg (3.21%), Vitamin B6: 0.06mg (2.83%), Magnesium: 11.26mg (2.82%), Copper: 0.05mg (2.69%), Zinc: 0.34mg (2.26%), Vitamin B12: 0.12µg (1.98%), Vitamin C: 1.36mg (1.64%), Iron: 0.3mg (1.64%)