

Triple Berry Tart

READY IN



45 min.

SERVINGS



8

CALORIES



524 kcal

DESSERT

Ingredients

- ☐ 1 pint blackberries
- ☐ 1 pint blueberries
- ☐ 0.3 cup cup heavy whipping cream chilled
- ☐ 1 teaspoon lemon zest grated
- ☐ 8 ounces mascarpone cheese room temperature
- ☐ 1 pint raspberries
- ☐ 15 ounce pie crust dough refrigerated
- ☐ 0.8 cup strawberries quartered
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla extract

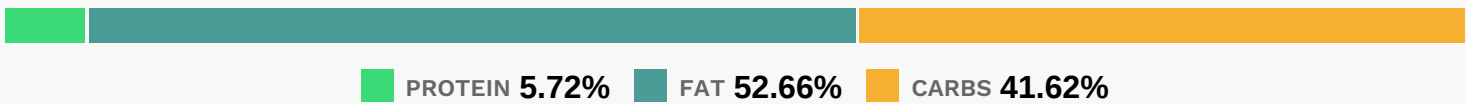
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Prepare piecrust according to package directions to fit into a 9-inch tart pan with a removable bottom.
- ☐ Bake until light golden brown. Cool completely.
- ☐ Combine mascarpone and next 4 ingredients in a large bowl, beating with an electric mixer at medium speed until stiff peaks form. Spoon mixture into crust, spreading evenly.
- ☐ Gently combine berries and place on filling. Release sides of pan from bottom before serving.
- ☐ Note: Tart may be assembled two hours ahead and chilled. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:9, Inflammation Score:-8, Nutrition Score:15.387391225151%

Flavonoids

Cyanidin: 91.42mg, Cyanidin: 91.42mg, Cyanidin: 91.42mg, Cyanidin: 91.42mg Petunidin: 18.85mg, Petunidin: 18.85mg, Petunidin: 18.85mg, Petunidin: 18.85mg Delphinidin: 21.78mg, Delphinidin: 21.78mg, Delphinidin: 21.78mg, Delphinidin: 21.78mg Malvidin: 40.06mg, Malvidin: 40.06mg, Malvidin: 40.06mg, Malvidin: 40.06mg Pelargonidin: 4.2mg, Pelargonidin: 4.2mg, Pelargonidin: 4.2mg, Pelargonidin: 4.2mg Peonidin: 12.2mg, Peonidin: 12.2mg, Peonidin: 12.2mg, Peonidin: 12.2mg Catechin: 26.24mg, Catechin: 26.24mg, Catechin: 26.24mg, Catechin: 26.24mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 5.26mg, Epicatechin: 5.26mg, Epicatechin: 5.26mg, Epicatechin: 5.26mg Epicatechin 3-gallate:

0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg, Epigallocatechin 3–gallate: 0.74mg,
Epigallocatechin 3–gallate: 0.74mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin:
0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.24mg, Kaempferol:
1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin:
1.17mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg Gallocatechin: 0.08mg,
Galocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 524.05kcal (26.2%), Fat: 31.13g (47.89%), Saturated Fat: 14.59g (91.21%), Carbohydrates: 55.36g (18.45%),
Net Carbohydrates: 45.33g (16.48%), Sugar: 18.65g (20.73%), Cholesterol: 39.56mg (13.19%), Sodium: 237.71mg
(10.34%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 7.6g (15.21%), Manganese: 1.27mg (63.28%),
Vitamin C: 41.97mg (50.88%), Fiber: 10.02g (40.1%), Vitamin K: 32.23µg (30.7%), Folate: 71.63µg (17.91%), Vitamin A:
722.98IU (14.46%), Vitamin B1: 0.2mg (13.62%), Iron: 2.39mg (13.3%), Vitamin E: 1.92mg (12.8%), Vitamin B3: 2.48mg
(12.4%), Copper: 0.23mg (11.65%), Vitamin B2: 0.18mg (10.35%), Magnesium: 38.91mg (9.73%), Calcium: 94.43mg
(9.44%), Potassium: 313.57mg (8.96%), Phosphorus: 84.59mg (8.46%), Vitamin B5: 0.69mg (6.9%), Zinc: 0.94mg
(6.27%), Vitamin B6: 0.12mg (5.9%), Selenium: 3.83µg (5.48%), Vitamin D: 0.16µg (1.06%)