



Vanilla-Almond Fruit Tart

READY IN



20 min.

SERVINGS



10

CALORIES



307 kcal

Ingredients

- 0.5 cup planters almonds divided toasted sliced
- 6 tablespoons butter melted
- 1 cup fruit mixed fresh halved sliced (blueberries, raspberries, blackberries, strawberries, kiwi)
- 3.4 ounce jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 50 nilla wafers crushed finely
- 1 cup cool whip whipped topping thawed

Equipment

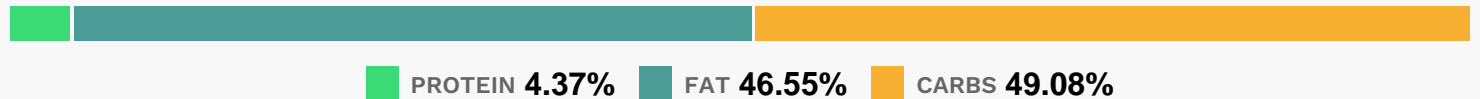
- whisk

tart form

Directions

- Reserve 1 Tbsp. nuts. Finely chop remaining nuts; mix with wafer crumbs and butter. Press onto bottom and up side of 9-inch tart pan or shallow pie plate.
- Beat pudding mix and milk with whisk 2 min. Stir in COOL WHIP. Spoon into crust.
- Refrigerate 3 hours or until firm. Top with fruit and reserved nuts just before serving.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:17.04, Inflammation Score:-3, Nutrition Score:4.2791304588318%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 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: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 306.94kcal (15.35%), Fat: 16.15g (24.85%), Saturated Fat: 7.51g (46.97%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 36.89g (13.41%), Sugar: 22.94g (25.49%), Cholesterol: 21.44mg (7.15%), Sodium: 251.72mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin B1: 0.15mg (10.26%), Vitamin B2: 0.17mg (10.1%), Vitamin E: 1.42mg (9.48%), Folate: 29.38µg (7.34%), Phosphorus: 69.97mg (7%), Vitamin A: 326.61IU (6.53%), Fiber: 1.43g (5.73%), Manganese: 0.11mg (5.66%), Vitamin B3: 1.08mg (5.38%), Calcium: 51.39mg (5.14%), Magnesium: 17.23mg (4.31%), Potassium: 128.13mg (3.66%), Copper: 0.07mg (3.41%), Vitamin B12: 0.16µg (2.68%), Vitamin K: 1.99µg (1.9%), Zinc: 0.28mg (1.88%), Vitamin D: 0.27µg (1.79%), Iron: 0.26mg (1.45%), Selenium: 1µg (1.43%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.32%)