



White Chocolate-Fruit Tart

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



120 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate white divided (6 oz.)
- 0.3 cup half-and-half
- 4 kiwi fruit peeled sliced
- 17 oz puff pastry frozen (1 sheet)
- 10 medium strawberries halved

Equipment

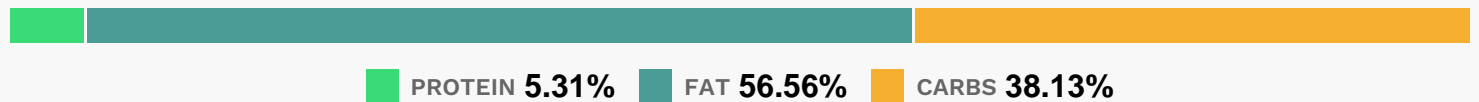
- bowl
- baking sheet

- oven
- wire rack
- microwave

Directions

- Preheat oven to 400F. Thaw pastry sheet at room temperature 30 min. Unfold pastry on lightly floured surface.
- Roll into 14x10-inch rectangle.
- Place on large ungreased baking sheet.
- Brush edges of pastry with water. Fold over 1/2 inch edge of pastry on all sides to form rim; press firmly to secure. Pierce pastry with fork.
- Bake 15 min. or until golden brown. (After 10 min., gently break any large air bubbles in pastry with fork.) Cool on wire rack.
- Microwave 5 oz. white chocolate and the half-and-half in large microwaveable bowl on HIGH 2 min. or until white chocolate is almost melted; stir until chocolate is completely melted.
- Spread onto pastry; top with fruit. Melt remaining chocolate as directed on pkg.; drizzle over dessert. Refrigerate 1 hour or until ready to serve.
- Cut into 12 rectangles. Store leftover tart in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:2.9799999711306%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg,

Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 119.85kcal (5.99%), Fat: 7.63g (11.74%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 10.88g (3.96%), Sugar: 3.72g (4.13%), Cholesterol: 1.5mg (0.5%), Sodium: 45.28mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin C: 11.45mg (13.88%), Vitamin K: 7.93µg (7.56%), Selenium: 4.16µg (5.95%), Manganese: 0.11mg (5.3%), Vitamin B1: 0.07mg (4.74%), Folate: 16.97µg (4.24%), Vitamin B3: 0.76mg (3.8%), Vitamin B2: 0.06mg (3.76%), Fiber: 0.69g (2.77%), Iron: 0.47mg (2.59%), Phosphorus: 23.29mg (2.33%), Vitamin E: 0.3mg (1.98%), Copper: 0.04mg (1.95%), Calcium: 16.17mg (1.62%), Potassium: 53.42mg (1.53%), Magnesium: 5.69mg (1.42%)