

# Tropical Fruit Tart

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## Servings: 8

*all-purpose flour, for the work surface*  
*1 sheet frozen puff pastry sheet,*  
*thawed*

*1 pound frozen pineapple chunks,*  
*thawed*

*1/4 cup sugar*

*1 tablespoon lemon juice*

*2 1/2 teaspoons powdered unflavored*  
*gelatin (one 1/4-ounce packet)*

*3/4 cup cold heavy cream*

*1 mango, peeled, pitted and thinly*  
*sliced*

*4 ounces (2 tablespoons) unsweetened*  
*coconut flakes, toasted*

## Preparation Time: 30 minutes

Preheat the oven to 400 degrees.

On a floured surface, roll the puff pastry into a 10x14-inch rectangle. Trim uneven edges. Place the pastry on a baking sheet. With a sharp knife, lightly score the pastry one-inch from the edges, creating a border. With a fork, prick the dough all over within the border. Bake until golden, 12 to 15 minutes. Let cool completely.

Meanwhile, in a medium saucepan, cook the pineapple, sugar and lemon juice over medium high until the pineapple begins to break down, 10 to 12 minutes. Transfer to a blender and puree until smooth.

Pour through a fine-mesh sieve back into the saucepan, discarding the solids. Sprinkle with the gelatin. Let stand until the gelatin softens, 5 minutes. Bring to a boil over medium-high, stirring, then pour into a medium bowl set in a bowl of ice water. Stir until cool and thickened, 4 minutes. (To store, cover and refrigerate for up to three days.)

Whisk the cream until soft peaks form. Stir the pineapple mixture until smooth. Fold in the whipped cream until combined. Spread on the pastry and top with mango and coconut.

Start to Finish Time: 1 hour

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Per Serving (excluding unknown items): 213 Calories; 12g Fat (49.6% calories from fat); 2g Protein; 25g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 78mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	213
% Calories from Fat:	49.6%
% Calories from Carbohydrates:	46.0%
% Calories from Protein:	4.5%
Total Fat (g):	12g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	0mg
Carbohydrate (g):	25g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	78mg
Potassium (mg):	62mg
Calcium (mg):	6mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	1008IU
Vitamin A (r.e.):	100 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Values*	on on%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	213	Calories from Fat: 106
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### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	2g	9%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	78mg	3%
<b>Total Carbohydrates</b>	25g	8%
Dietary Fiber	1g	4%
<b>Protein</b>	2g	
<b>Vitamin A</b>		20%
<b>Vitamin C</b>		13%
<b>Calcium</b>		1%
<b>Iron</b>		5%

\* Percent Daily Values are based on a 2000 calorie diet.