

# Mandarin Ginger Cream Tart

*dole.com/recipes*

## Servings: 12

*1 can (15 ounce) Dole mandarin oranges, drained*  
*2 cups gingersnap cookie crumbs, finely ground*  
*1 tablespoon packed brown sugar*  
*1 egg, lightly beaten*  
*4 tablespoons unsalted butter, melted and cooled slightly*  
*1 box (4 servings) vanilla instant pudding*  
*1 3/4 cups cold milk*  
*3/4 cup Cool Whip whipped topping thawed*  
*1 tablespoon candied ginger root, chopped*

## Preparation Time: 30 minutes

### Bake: 10 minutes

Preheat the oven to 350 degrees.

Drain the mandarin oranges and reserve twelve slices. Chop the remaining oranges and set aside.

In a bowl, combine the gingersnap crumbs, brown sugar, egg and melted butter; combine well. Form a crust in a nine-inch tart pan with a removable bottom. Freeze for 15 minutes. Remove from the freezer and puncture the bottom of the crust with a fork. Line the bottom of the tart with parchment paper or foil; fill with pie weights.

Bake for 15 minutes on a baking sheet. Remove from the oven. Allow to cool completely on a wire rack.

Stir together the pudding and milk until slightly thickened. Layer the chopped Mandarin oranges on the bottom of the tart shell. Pour the filling in the tart shell. Cover and refrigerate for two hours or until set.

Remove from the refrigerator at least 30 minutes before serving.

Garnish with the thawed whipped topping, reserved orange slices and chopped candied ginger.

---

Per Serving (excluding unknown items): 47 Calories; 4g Fat (79.3% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 28mg Cholesterol; 7mg Sodium. Exchanges: 0 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	47
% Calories from Fat:	79.3%
% Calories from Carbohydrates:	15.9%
% Calories from Protein:	4.7%
Total Fat (g):	4g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	28mg
Carbohydrate (g):	2g
Dietary Fiber (g):	0g
Protein (g):	1g
Sodium (mg):	7mg
Potassium (mg):	11mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	165IU
Vitamin A (r.e.):	41 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 47 Calories from Fat: 38

### % Daily Values\*

<b>Total Fat</b> 4g	7%
Saturated Fat 3g	13%
<b>Cholesterol</b> 28mg	9%
<b>Sodium</b> 7mg	0%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber 0g	0%
<b>Protein</b> 1g	
<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	1%

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