



Almond and Chocolate Frangipane Tart

READY IN



45 min.

SERVINGS



1

CALORIES



2203 kcal

DESSERT

Ingredients

- 140 g all purpose flour
- 0.5 teaspoon almond extract
- 3 ounces bittersweet chocolate finely chopped (60-68%)
- 1 large eggs room temperature
- 1 teaspoon orange zest
- 0.1 teaspoon salt
- 0.7 cup sugar
- 6 tablespoons butter unsalted room temperature
- 0.5 teaspoon vanilla extract

Equipment

- food processor
- bowl
- sauce pan
- oven
- wire rack
- tart form

Directions

- For the tart crust: Preheat oven to 350 degrees F.
- Combine melted butter, sugar, vanilla, orange zest, and salt in a medium bowl and stir until combined.
- Add in flour and stir until soft dough forms. Press dough into the bottom and up sides of a 9-in tart pan with removable bottom.
- Bake for about 20 minutes until crust is golden brown and set.
- Place chocolate in a heatproof bowl and melt over a saucepan of simmering water.
- Remove and set aside.
- Combine 1 cup almonds and sugar in a food processor and pulse until almonds are finely ground.
- Add butter and process until combined.
- Add egg and process until combined.
- Add in the two extracts and process until combined. Scrape in the melted chocolate and process until combined.
- Pour frangipane into tart shell and spread out evenly.
- Sprinkle the remaining 1/2 cup almonds over the top.
- Bake for about 25 minutes, until the top is puffed up and dry.
- Remove from oven and let cool on wire rack.

Nutrition Facts

Properties

Glycemic Index:145.09, Glycemic Load:170.37, Inflammation Score:-9, Nutrition Score:40.379130228706%

Nutrients (% of daily need)

Calories: 2202.6kcal (110.13%), Fat: 107.27g (165.04%), Saturated Fat: 63.67g (397.93%), Carbohydrates: 285.63g (95.21%), Net Carbohydrates: 274.84g (99.94%), Sugar: 165.41g (183.79%), Cholesterol: 371.7mg (123.9%), Sodium: 383.98mg (16.69%), Alcohol: 1.38g (100%), Alcohol %: 0.35% (100%), Caffeine: 73.14mg (24.38%), Protein: 26.71g (53.43%), Manganese: 2.11mg (105.72%), Selenium: 71.61 μ g (102.31%), Vitamin B1: 1.15mg (76.88%), Iron: 12.85mg (71.4%), Folate: 282.82 μ g (70.71%), Copper: 1.33mg (66.34%), Vitamin B2: 1.02mg (60.07%), Phosphorus: 492.15mg (49.21%), Vitamin A: 2420.08IU (48.4%), Magnesium: 189.09mg (47.27%), Vitamin B3: 9.09mg (45.43%), Fiber: 10.8g (43.18%), Zinc: 3.98mg (26.52%), Potassium: 734.07mg (20.97%), Vitamin E: 3.06mg (20.43%), Vitamin B5: 1.74mg (17.38%), Vitamin D: 2.26 μ g (15.07%), Calcium: 127.06mg (12.71%), Vitamin B12: 0.74 μ g (12.35%), Vitamin K: 12.57 μ g (11.97%), Vitamin B6: 0.18mg (9.13%), Vitamin C: 2.72mg (3.3%)