



Almond Macaroon Tart

READY IN



45 min.

SERVINGS



12

CALORIES



550 kcal

DESSERT

Ingredients

- 1 cup almonds sliced
- 1 cup natural almonds whole
- 0.3 cup butter
- 0.3 cup butter melted
- 1.3 cups chocolate wafer crumbs
- 7 ounce coconut or flaked
- 1 tablespoon plus light
- 2 egg whites
- 3 large eggs

- 0.1 teaspoon salt
- 1 ounce bittersweet chocolate divided
- 1.5 teaspoons shortening
- 0.3 cup sugar
- 0.5 cup sugar
- 0.3 cup condensed milk sweetened
- 3 ounce chocolate unsweetened chopped
- 1 teaspoon vanilla extract
- 0.5 cup whipping cream
- 1 ounce chocolate white chopped

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- double boiler
- hand mixer
- kitchen thermometer
- wax paper
- tart form

Directions

- Combine first 3 ingredients in a bowl, stirring well. Pat mixture onto bottom and sides of a lightly greased 11" tart pan.
- Bake at 350 for 10 minutes.

- Beat egg whites at high speed of an electric mixer until soft peaks form. Gradually add 1/3 cup sugar, beating 4 minutes or until thickened. Stir in coconut, sweetened condensed milk, and 1 teaspoon vanilla.
- Spread coconut mixture over crust in pan.
- Melt 1/4 cup butter and unsweetened chocolate in a heavy saucepan over medium–low heat.
- Remove from heat.
- Beat 3 eggs at medium speed until thick and frothy. Gradually add 1/2 cup sugar, salt, and 1 teaspoon vanilla, beating until blended. Stir in melted chocolate mixture. Spoon over coconut mixture in tart pan.
- Bake at 350 for 40 minutes.
- Let cool completely; carefully remove sides of tart pan.
- Roast whole almonds on a baking sheet at 350 for 8 to 12 minutes.
- Let cool. Melt 4 ounces semisweet chocolate in top of a double boiler over hot, not simmering, water.
- Remove from heat and let cool until chocolate registers 90 on an instant–read thermometer.
- Add roasted almonds, stirring constantly for 2 to 3 minutes until chocolate begins to set.
- Remove chocolate–coated almonds and let dry on wax paper.
- Bring whipping cream and corn syrup to a boil in a small saucepan.
- Remove from heat and pour over remaining 6 ounces semisweet chocolate.
- Let stand 1 minute.
- Whisk until smooth.
- Pour chocolate mixture over baked tart.
- Place chocolate–coated almonds around edge of tart.
- Melt white chocolate and shortening in top of double boiler over hot, not simmering, water.
- Remove from heat and drizzle over tart.
- Let stand until topping is set.

Nutrition Facts

PROTEIN 7.18% **FAT 64.02%** **CARBS 28.8%**

Properties

Glycemic Index:29.97, Glycemic Load:17.94, Inflammation Score:-7, Nutrition Score:15.907825975314%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 10.17mg, Epicatechin: 10.17mg, Epicatechin: 10.17mg, Epicatechin: 10.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 549.52kcal (27.48%), Fat: 41.27g (63.49%), Saturated Fat: 18.85g (117.78%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 34.87g (12.68%), Sugar: 29.06g (32.29%), Cholesterol: 61.47mg (20.49%), Sodium: 232.31mg (10.1%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 8.87mg (2.96%), Protein: 10.42g (20.83%), Manganese: 1.32mg (65.77%), Vitamin E: 5.8mg (38.68%), Copper: 0.66mg (33.06%), Fiber: 6.91g (27.64%), Magnesium: 106.86mg (26.71%), Vitamin B2: 0.43mg (25.02%), Phosphorus: 237.26mg (23.73%), Iron: 3.39mg (18.82%), Selenium: 11.9µg (16.99%), Zinc: 2.11mg (14.06%), Potassium: 407.94mg (11.66%), Vitamin A: 577.78IU (11.56%), Calcium: 115.23mg (11.52%), Vitamin B1: 0.1mg (6.9%), Vitamin B3: 1.32mg (6.59%), Folate: 25.24µg (6.31%), Vitamin B5: 0.6mg (6.04%), Vitamin B6: 0.12mg (5.83%), Vitamin B12: 0.21µg (3.44%), Vitamin D: 0.43µg (2.84%), Vitamin K: 2.14µg (2.03%)