



Amaretto Chocolate Tart with Apricot Cream

READY IN



60 min.

SERVINGS



8

CALORIES



697 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 2 tablespoons amaretto
- ☐ 0.3 cup apricot preserves such as bonne maman
- ☐ 2 cups bittersweet chocolate chips such as ghirardelli (12 ounces)
- ☐ 8 servings butter for greasing the tart pan
- ☐ 3 eggs beaten
- ☐ 1 cup flour for dusting all-purpose plus more
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.3 teaspoon sea salt fine

- ☐ 0.3 cup slivered almonds
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup butter unsalted cut into 1/2-inch pieces, at room temperature
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch pieces,
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoons vanilla extract pure
- ☐ 2 tablespoons iced water as needed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ tart form

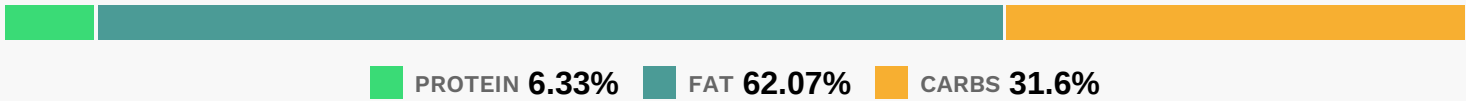
Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven and preheat to 350 degrees F. Liberally butter the tart pan.
- ☐ Combine the all-purpose flour, almond flour, almonds, cocoa powder and sugar in a food processor. Process until the almonds are finely ground.
- ☐ Add the butter and pulse until the mixture forms a coarse meal. With the processor running, gradually add 2 tablespoons of iced water until the mixture forms a ball, adding extra water, as needed, if the mixture is too dry. Form the dough into a disc and wrap in plastic.

Refrigerate for 20 minutes.

- ☐ Roll out the dough into a 10-inch circle on a lightly floured work surface.
- ☐ Place the dough in the tart pan and trim any excess dough from the top of the pan. If the dough cracks, press scraps of dough into the cracks to seal. Prick the dough all over, using a fork, and bake for 15 minutes.
- ☐ Let the crust cool for 15 minutes.
- ☐ Place the chocolate and butter in a small bowl over a saucepan of barely simmering water. Stir occasionally until the chocolate has melted and the mixture is smooth. Beat the eggs, liqueur, sugar and vanilla in a medium bowl.
- ☐ Pour the melted chocolate into the egg mixture and whisk until smooth.
- ☐ Pour the filling into the prepared crust.
- ☐ Place the tart pan on a baking sheet and bake until the filing has set and begins to crack slightly on top, 22 to 25 minutes. Allow the tart to cool completely, about 1 hour.
- ☐ For the apricot cream: Beat the cream at high speed until stiff peaks form, using a hand mixer.
- ☐ Add the jam and vanilla. Beat until the jam is incorporated into the cream.
- ☐ Remove the tart from the pan and cut into thin wedges.
- ☐ Serve with a dollop of apricot cream.

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:13.9, Inflammation Score:-6, Nutrition Score:12.717825988065%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg, Epicatechin: 7.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 696.73kcal (34.84%), Fat: 48.79g (75.06%), Saturated Fat: 31.22g (195.15%), Carbohydrates: 55.88g (18.63%), Net Carbohydrates: 51.1g (18.58%), Sugar: 28.4g (31.55%), Cholesterol: 135.14mg (45.05%), Sodium: 187.46mg (8.15%), Alcohol: 1.23g (100%), Alcohol %: 1% (100%), Caffeine: 9.22mg (3.07%), Protein: 11.2g (22.41%), Manganese: 0.42mg (21.07%), Selenium: 14.31µg (20.45%), Calcium: 197.28mg (19.73%), Vitamin A: 984.23IU (19.68%), Vitamin B2: 0.33mg (19.63%), Fiber: 4.78g (19.14%), Vitamin E: 2.8mg (18.67%), Phosphorus: 169.62mg (16.96%), Zinc: 2.36mg (15.75%), Copper: 0.31mg (15.73%), Iron: 2.59mg (14.38%), Magnesium: 53.75mg (13.44%), Vitamin B1: 0.19mg (12.72%), Folate: 50.38µg (12.6%), Potassium: 440.32mg (12.58%), Vitamin B3: 1.68mg (8.38%), Vitamin B5: 0.76mg (7.58%), Vitamin D: 0.89µg (5.91%), Vitamin B12: 0.34µg (5.69%), Vitamin K: 5.97µg (5.68%), Vitamin B6: 0.11mg (5.57%), Vitamin C: 0.96mg (1.17%)