



## Bittersweet Chocolate-Citrus Tart with Jasmine Whipped Cream

READY IN



45 min.

SERVINGS



12

CALORIES



229 kcal

DESSERT

### Ingredients

- ☐ 1 cup flour
- ☐ 12 servings candied orange peel
- ☐ 1 large egg yolk room temperature
- ☐ 0.5 teaspoon lime packed finely grated (lightly )
- ☐ 0.5 teaspoon blood oranges packed finely grated (lightly )
- ☐ 0.1 teaspoon salt
- ☐ 8 ounces bittersweet chocolate finely chopped
- ☐ 0.3 cup sugar

- ☐ 5 tablespoons butter unsalted cut into 5 pieces
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.3 cup water boiling
- ☐ 12 servings whipped cream (see recipe)

## Equipment

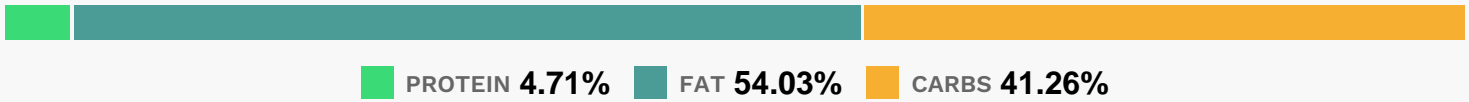
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ spatula
- ☐ tart form
- ☐ pastry bag

## Directions

- ☐ Combine first 4 ingredients in bowl.
- ☐ Add flour and stir just until blended; let stand 5 minutes. Press dough onto bottom and up sides of 9- to 9 1/2-inch-diameter tart pan with removable bottom. Chill 30 minutes.
- ☐ Position rack in bottom third of oven and preheat to 350°F.
- ☐ Bake crust until deep golden, pressing down with back of spoon if bubbles form, about 25 minutes. Cool crust in pan on rack.
- ☐ Combine chocolate, butter, and both peels in medium metal bowl.
- ☐ Place bowl in skillet of barely simmering water set over low heat. Stir just until chocolate and butter are melted and smooth.
- ☐ Remove bowl from water.
- ☐ Place fine strainer over bowl with melted chocolate. Keep skillet with water set over low heat.
- ☐ Whisk egg yolk in small metal bowl to blend. Gradually whisk in 1/4 cup boiling water.

- ☐ Place bowl in skillet of hot water; stir constantly with heatproof rubber spatula, scraping bottom of bowl to prevent egg from cooking, until instant-read thermometer inserted into egg mixture registers 160°F, about 3 minutes. Immediately pour egg mixture into strainer set over bowl of chocolate. Stir just until egg is incorporated into chocolate and mixture is smooth.
- ☐ Pour chocolate filling into crust; tilt slightly to spread evenly (crust will not be completely filled). Cover and chill overnight or up to 2 days. Before serving, let tart soften slightly at room temperature.
- ☐ Remove pan sides.
- ☐ Place tart on platter. Using pastry bag fitted with star tip, pipe whipped cream rosettes around edge of tart.
- ☐ Garnish with candied peel.

## Nutrition Facts



## Properties

Glycemic Index:20.22, Glycemic Load:9.08, Inflammation Score:-3, Nutrition Score:5.011739121831%

## Flavonoids

Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 229.27kcal (11.46%), Fat: 13.8g (21.23%), Saturated Fat: 8.14g (50.89%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 21.88g (7.96%), Sugar: 12.48g (13.86%), Cholesterol: 33.54mg (11.18%), Sodium: 29.42mg (1.28%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 16.25mg (5.42%), Protein: 2.71g (5.41%), Manganese: 0.32mg (16.23%), Copper: 0.26mg (12.76%), Iron: 1.73mg (9.59%), Magnesium: 36.56mg (9.14%), Selenium: 6.09µg (8.7%), Fiber: 1.82g (7.29%), Phosphorus: 72.76mg (7.28%), Vitamin B1: 0.09mg (6.21%), Folate: 21.56µg (5.39%), Vitamin B2: 0.08mg (4.43%), Vitamin A: 217.45IU (4.35%), Zinc: 0.64mg (4.24%), Vitamin B3: 0.78mg (3.91%), Potassium: 131.59mg (3.76%), Calcium: 23.17mg (2.32%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.93µg (1.84%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.19µg (1.25%)