



## Bittersweet-Chocolate Tart

 Very Healthy

READY IN



300 min.

SERVINGS



1

CALORIES



5224 kcal

DESSERT

### Ingredients

- 3 tablespoons almond flour
- 12 ounces bittersweet chocolate
- 0.5 cup confectioners' sugar
- 1 large eggs
- 1 large egg yolk
- 1 cup flour all-purpose
- 1 teaspoon powdered gelatin unflavored
- 0.3 cup heavy cream

- 0.8 cup heavy cream
- 2 ounces chocolate
- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 serving whipped cream sweetened
- 1 stick butter unsalted softened
- 3 tablespoons cocoa powder unsweetened
- 0.5 cup milk whole
- 2 tablespoons milk whole

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- plastic wrap
- hand mixer
- tart form
- offset spatula

## Directions

- In the bowl of a standing electric mixer fitted with the paddle, blend 1 cup of all-purpose flour with the butter, sugar, cocoa, almond flour and salt at medium speed.
- Mix in the egg just until a soft dough forms. Scrape the dough onto a large sheet of plastic wrap and lay another large sheet of plastic wrap on top.
- Roll out the dough between the plastic wrap to a 12-inch round.

- Transfer the round to a baking sheet and freeze until firm, 10 minutes. Preheat the oven to 32
- Peel off the top sheet of plastic and invert the dough onto a 10-inch fluted tart pan with a removable bottom.
- Remove the remaining sheet of plastic and gently press the dough into the pan. Trim the dough flush with the rim. Freeze until firm, 10 minutes.
- Line the tart shell with parchment paper and fill with pie weights or beans.
- Bake in the center of the oven for 30 minutes, until the tart shell is nearly cooked through.
- Remove the parchment and weights and bake until the shell is cooked through, about 20 minutes longer.
- Transfer to a rack and let cool. Lower the oven temperature to 25
- In a medium saucepan, combine the cream and milk and bring to a boil.
- Remove from the heat.
- Add the chocolate and let stand until melted, 5 minutes.
- Whisk until smooth. In a small bowl, whisk the egg with the egg yolk, then whisk in 1/2 cup of the chocolate cream. Thoroughly whisk this custard into the chocolate cream in the saucepan.
- Pour the filling into the tart shell and bake until set around the rim but still slightly jiggly in the center, 30 minutes.
- Let the tart cool on a rack for 10 minutes, then refrigerate until chilled, 2 hours.
- In a small bowl, sprinkle the gelatin over the milk and let stand 5 minutes. In a small saucepan, whisk the cream, sugar and cocoa over moderate heat until the sugar is dissolved, 2 minutes.
- Remove from the heat. Scrape the gelatin into the cocoa mixture, add the milk chocolate and whisk until melted.
- Pour the glaze over the tart and spread it in an even layer using an offset spatula. Refrigerate the tart until the glaze is firm, 30 minutes.
- Serve with whipped cream.

## Nutrition Facts



■ PROTEIN 5.19%  
 ■ FAT 61.32%  
 ■ CARBS 33.49%

## Properties

Glycemic Index:318.69, Glycemic Load:120.28, Inflammation Score:-10, Nutrition Score:72.03869557899%

## Flavonoids

Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 5224.04kcal (261.2%), Fat: 363.75g (559.61%), Saturated Fat: 212.67g (1329.18%), Carbohydrates: 446.99g (149%), Net Carbohydrates: 405.5g (147.46%), Sugar: 279.66g (310.73%), Cholesterol: 947.11mg (315.7%), Sodium: 1440.47mg (62.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 364.49mg (121.5%), Protein: 69.22g (138.45%), Manganese: 6.26mg (313.2%), Copper: 5.51mg (275.61%), Magnesium: 812.13mg (203.03%), Iron: 33.48mg (186.01%), Phosphorus: 1715.34mg (171.53%), Fiber: 41.49g (165.94%), Selenium: 113.63µg (162.33%), Vitamin A: 7586.6IU (151.73%), Vitamin B2: 2.04mg (120.09%), Zinc: 14.18mg (94.56%), Potassium: 3054.57mg (87.27%), Vitamin B1: 1.31mg (87.24%), Calcium: 750.84mg (75.08%), Folate: 298.65µg (74.66%), Vitamin D: 9.43µg (62.9%), Vitamin B3: 11.36mg (56.79%), Vitamin E: 8.32mg (55.44%), Vitamin B12: 2.83µg (47.19%), Vitamin K: 45.82µg (43.63%), Vitamin B5: 4.29mg (42.93%), Vitamin B6: 0.55mg (27.32%), Vitamin C: 1.55mg (1.88%)