



Black-Bottom Pumpkin Tart

READY IN



20 min.

SERVINGS



8

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 1.5 cups chocolate wafers crushed (30)
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup heavy cream
- ☐ 0.3 teaspoon nutmeg
- ☐ 15 oz percent pumpkin puree canned
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

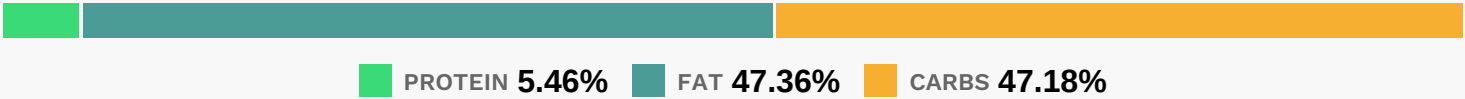
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Combine wafers, cocoa powder and sugar in a food processor. Process until finely ground, about 20 seconds.
- ☐ Add butter and pulse until mixture just clumps together.
- ☐ Transfer to a 9-inch tart pan with a removable bottom and press firmly onto bottom and sides to form a crust.
- ☐ Place on lined baking sheet and bake until slightly firm to the touch and fragrant, 7 to 10 minutes.
- ☐ Remove baking sheet to a wire rack; reduce oven temperature to 350F.
- ☐ Combine all ingredients in a medium bowl; whisk until blended.
- ☐ Place baking sheet with crust on oven rack and ladle just enough filling into crust to come up to the rim. (Do not overfill.)
- ☐ Bake until a knife inserted into center of tart comes out clean, about 45 minutes. Cool slightly, then chill for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:33.09, Glycemic Load:23.14, Inflammation Score:-10, Nutrition Score:13.049999879754%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 401.95kcal (20.1%), Fat: 21.91g (33.71%), Saturated Fat: 11.37g (71.08%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 45.51g (16.55%), Sugar: 30.01g (33.34%), Cholesterol: 85.89mg (28.63%), Sodium: 286.54mg (12.46%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 7.31mg (2.44%), Protein: 5.68g (11.37%), Vitamin A: 8805.05IU (176.1%), Manganese: 0.51mg (25.32%), Iron: 2.96mg (16.46%), Copper: 0.32mg (16.22%), Fiber: 3.61g (14.44%), Vitamin B2: 0.23mg (13.43%), Phosphorus: 119.2mg (11.92%), Magnesium: 44.76mg (11.19%), Vitamin K: 10.9µg (10.38%), Selenium: 7.26µg (10.38%), Vitamin E: 1.41mg (9.41%), Folate: 34.29µg (8.57%), Vitamin B3: 1.53mg (7.63%), Vitamin B1: 0.11mg (7.42%), Potassium: 252.34mg (7.21%), Vitamin B5: 0.61mg (6.12%), Zinc: 0.86mg (5.74%), Calcium: 46.09mg (4.61%), Vitamin B6: 0.08mg (3.96%), Vitamin D: 0.58µg (3.86%), Vitamin B12: 0.19µg (3.11%), Vitamin C: 2.28mg (2.77%)