



Bourbon-Pecan Tart with Chocolate Drizzle

READY IN



45 min.

SERVINGS



12

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 0.5 ounce bittersweet chocolate chopped
- ☐ 2 tablespoons bourbon
- ☐ 1 tablespoon butter melted
- ☐ 0.8 cup corn syrup dark
- ☐ 1 large egg whites
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 2 tablespoons blackstrap molasses

- ☐ 0.7 cup pecans
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

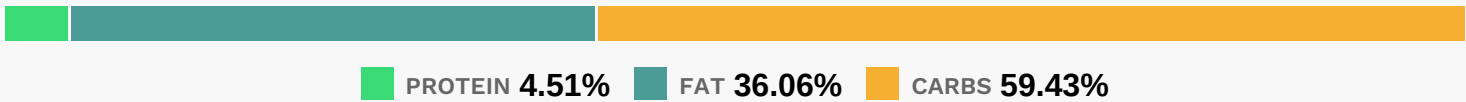
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ microwave
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 10 ingredients, stirring well with a whisk. Stir in pecans.
- ☐ Roll dough into a 13-inch circle; fit into a 9-inch removable-bottom tart pan coated with cooking spray. Trim excess crust using a sharp knife. Spoon sugar mixture into prepared crust.
- ☐ Bake at 350 for 45 minutes or until center is set. Cool completely on a wire rack.
- ☐ Place chocolate in a microwave-safe bowl; microwave at HIGH 1 minute. Stir until smooth.
- ☐ Drizzle chocolate over tart.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:17.04, Inflammation Score:-2, Nutrition Score:5.9295652045504%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 381.87kcal (19.09%), Fat: 15.42g (23.72%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 57.16g (19.05%), Net Carbohydrates: 55.6g (20.22%), Sugar: 37.54g (41.71%), Cholesterol: 33.58mg (11.19%), Sodium: 256.88mg (11.17%), Alcohol: 0.89g (100%), Alcohol %: 1.11% (100%), Protein: 4.34g (8.67%), Manganese: 0.52mg (26.01%), Selenium: 7.52µg (10.74%), Vitamin B1: 0.16mg (10.42%), Iron: 1.74mg (9.66%), Folate: 33.69µg (8.42%), Copper: 0.15mg (7.67%), Vitamin B2: 0.13mg (7.65%), Magnesium: 27.23mg (6.81%), Phosphorus: 67.26mg (6.73%), Fiber: 1.56g (6.24%), Vitamin B3: 1.21mg (6.04%), Potassium: 164.62mg (4.7%), Calcium: 42.67mg (4.27%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.59mg (3.92%), Vitamin B6: 0.08mg (3.83%), Vitamin K: 2.98µg (2.83%), Vitamin E: 0.36mg (2.42%), Vitamin A: 78.18IU (1.56%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.11%)