



Butterscotch Pecan Tart with Scotch-Spiked Whipped Cream

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 2 large egg whites room temperature
- ☐ 1 large egg yolk
- ☐ 4 large egg yolks
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 1 cup heavy whipping cream chilled
- ☐ 1.3 cups pecans divided toasted coarsely chopped

- ☐ 1 tablespoons scotch
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons butter unsalted ()
- ☐ 1 teaspoon vanilla extract

Equipment

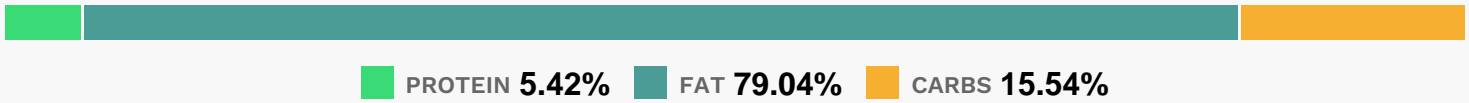
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour, sugar, and sea salt in processor.
- ☐ Add butter to processor; using on/off turns, blend until mixture resembles coarse meal.
- ☐ Whisk cream and egg yolk in small bowl to blend.
- ☐ Add cream mixture to processor; using on/off turns, blend until moist clumps form. Gather dough into ball; flatten into disk. Wrap in plastic and chill 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Let dough soften slightly at room temperature before rolling out.
- ☐ Roll out dough disk on lightly floured surface to 14-inch round.
- ☐ Transfer to 9-inch-diameter tart pan with removable bottom. Press dough firmly onto bottom and up sides of pan. Trim dough overhang, allowing 1/4 inch of dough to extend above sides of pan. Pierce crust all over with fork. Freeze until firm, 10 to 15 minutes.
- ☐ Preheat oven to 350°F. Line crust with foil and fill with dried beans or pie weights.
- ☐ Bake crust until sides are set and light golden, about 35 minutes.
- ☐ Remove foil and beans. Continue to bake crust until golden and cooked through, about 15 minutes longer. Cool crust in pan on rack. Maintain oven temperature.

- ☐ Cook butter in heavy smallskillet over medium–high heat untilbeginning to brown, about 21/2 minutes.
- ☐ Add brown sugar and whipping creamand bring to boil, whisking to blend. Boil1 minute.
- ☐ Transfer butterscotch to mediumbowl and cool to lukewarm, stirringoccasionally, about 30 minutes.
- ☐ Whisk egg yolks and flour in anothermedium bowl to blend.
- ☐ Whisk in vanilla.Gradually add yolk mixture to butterscotch;whisk until filling is smooth. Using electricmixer, beat egg whites and sea salt in largebowl until soft peaks form. Fold whites intofilling in 2 additions.
- ☐ Spread 1 cup toasted pecans overbottom of crust; pour filling evenly overpecans.
- ☐ Sprinkle 1/4 cup pecans over.
- ☐ Bake tart until filling is set in centerand top is deep brown, 26 to 28 minutes.
- ☐ Transfer tart to rack and cool in pan at least2 hours. DO AHEAD: Can be made 2 daysahead. Cool completely. Cover and storeat room temperature.
- ☐ Beat cream, brown sugar, and 1 tablespoon
- ☐ Scotch in large bowl until soft peaks form,adding 1 more tablespoon Scotch, if desired.
- ☐ Remove sides from tart pan.
- ☐ Cut tartinto wedges and serve with Scotch–spikedwhipped cream.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:5.54, Inflammation Score:-4, Nutrition Score:6.2621739727%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg

Nutrients (% of daily need)

Calories: 298.05kcal (14.9%), Fat: 26.61g (40.95%), Saturated Fat: 11.37g (71.05%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.54g (3.83%), Sugar: 9.16g (10.18%), Cholesterol: 136.75mg (45.58%), Sodium: 80.99mg (3.52%), Alcohol: 0.68g (100%), Alcohol %: 1.21% (100%), Protein: 4.11g (8.22%), Manganese: 0.58mg (28.77%), Vitamin A: 689.28IU (13.79%), Selenium: 7.91µg (11.3%), Vitamin B2: 0.15mg (8.62%), Phosphorus: 85.98mg (8.6%), Copper: 0.16mg (8.21%), Vitamin B1: 0.11mg (7.6%), Vitamin D: 0.97µg (6.44%), Zinc: 0.84mg (5.57%), Vitamin E: 0.81mg (5.38%), Fiber: 1.23g (4.91%), Folate: 19.36µg (4.84%), Magnesium: 18.45mg (4.61%), Vitamin B5: 0.45mg (4.52%), Calcium: 39.18mg (3.92%), Vitamin B12: 0.22µg (3.73%), Iron: 0.66mg (3.66%), Vitamin B6: 0.07mg (3.3%), Potassium: 99.34mg (2.84%), Vitamin K: 1.85µg (1.76%), Vitamin B3: 0.26mg (1.32%)