



Candied Orange Truffle Tart

 Vegetarian

READY IN



72 min.

SERVINGS



12

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 12 ounces chocolate (dark 72% with ghirardelli intense cacao) finely chopped
- ☐ 1 large egg yolk
- ☐ 1.7 cups flour (all-purpose)
- ☐ 2 Tbsp ice water
- ☐ 2 navel oranges (thinly sliced)
- ☐ 2.5 tablespoons orange juice concentrate (frozen)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 10 tablespoon butter unsalted chilled cut into 1/2
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 1 cup whipping cream

Equipment

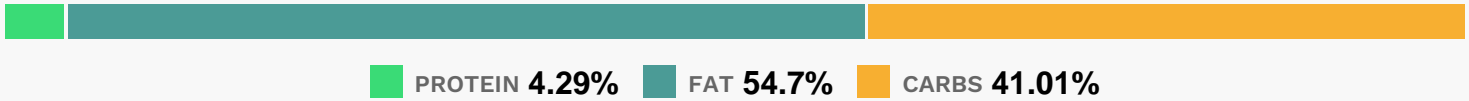
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Pulse first 3 ingredients in a food processor 3 or 4 times or until combined.
- ☐ Add butter, and pulse 5 or 6 times or until crumbly. With processor running, gradually add 2 Tbsp. water, egg yolk, and vanilla; process until dough forms a ball and leaves sides of bowl, adding more water if necessary. Cover and chill 1 1/2 hours.
- ☐ Roll dough to a 12" circle on a lightly floured surface. Fit pastry in a 9" tart pan with removable bottom. Trim off excess pastry, allowing edges to overhang 1/2"; fold in overhang against inside edge of pan to form double-thick sides. Pierce bottom of pastry with a fork; freeze 20 minutes.
- ☐ Bake at 375 for 30 minutes or until lightly browned. Cool completely in pan on a wire rack.
- ☐ Whisk together whipping cream and next 3 ingredients in a medium saucepan. Bring to a simmer over medium-low heat.
- ☐ Add chocolate, and whisk until smooth.
- ☐ Pour filling into baked crust. Refrigerate 2 hours or until firm.

- ☐ Whisk together 1 cup water, 1 cup sugar, and, if desired, 1/2 tsp. curry powder in a large heavy skillet. Bring to a simmer over medium-high heat, stirring until sugar dissolves.
- ☐ Add orange slices to pan. Reduce heat to medium-low; simmer 25 to 30 minutes, turning slices occasionally, or until orange slices are translucent.
- ☐ Remove pan from heat; allow orange slices to cool in syrup.
- ☐ Arrange orange slices on top of tart before serving. Spoon remaining syrup over each serving.
- ☐ Fix It Faster: Omit the homemade crust (first 7 ingredients), and use 1/2 of a 15-oz. package of refrigerated piecrusts. Unroll piecrust and fit into pan. Prick with a fork.
- ☐ Bake at 375 for 18 minutes or until golden. Cool completely and proceed with filling.

Nutrition Facts



Properties

Glycemic Index:19.85, Glycemic Load:24.9, Inflammation Score:-6, Nutrition Score:11.61260864009%

Flavonoids

Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 477.19kcal (23.86%), Fat: 29.36g (45.16%), Saturated Fat: 17.67g (110.41%), Carbohydrates: 49.53g (16.51%), Net Carbohydrates: 45.42g (16.52%), Sugar: 29.01g (32.24%), Cholesterol: 63.65mg (21.22%), Sodium: 63.56mg (2.76%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Caffeine: 22.68mg (7.56%), Protein: 5.18g (10.35%), Manganese: 0.68mg (34.1%), Copper: 0.55mg (27.34%), Iron: 4.29mg (23.84%), Vitamin C: 18.38mg (22.27%), Magnesium: 74.06mg (18.51%), Fiber: 4.1g (16.41%), Vitamin A: 683.89IU (13.68%), Selenium: 9.44µg (13.49%), Phosphorus: 133.16mg (13.32%), Vitamin B1: 0.18mg (11.82%), Folate: 45.29µg (11.32%), Vitamin B2: 0.18mg (10.46%), Potassium: 303.45mg (8.67%), Zinc: 1.18mg (7.86%), Vitamin B3: 1.48mg (7.38%), Calcium: 53.14mg (5.31%), Vitamin E: 0.72mg (4.81%), Vitamin D: 0.57µg (3.79%), Vitamin B5: 0.38mg (3.79%), Vitamin K: 3.6µg (3.42%), Vitamin B6: 0.06mg (2.86%), Vitamin B12: 0.16µg (2.64%)