



Caramel Chess Tart

READY IN



71 min.

SERVINGS



17

CALORIES



269 kcal

DESSERT

Ingredients

- 1.5 cups firmly brown sugar light packed
- 0.5 cup butter softened
- 0.3 cup buttermilk
- 3 large eggs
- 1 tablespoon flour all-purpose
- 15 ounce piecrusts refrigerated
- 2 teaspoons vanilla extract
- 17 servings whipped cream

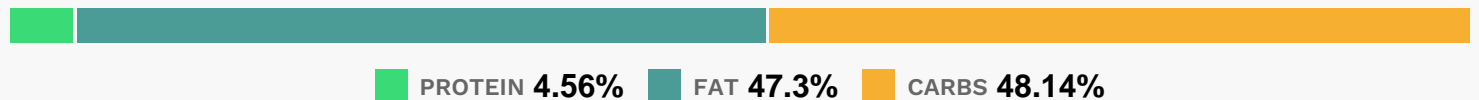
Equipment

- bowl
- oven
- wire rack
- hand mixer
- aluminum foil
- tart form

Directions

- Fit piecrust into a 10" tart pan with a removable bottom according to package directions. Line pastry with aluminum foil, and fill with dried beans.
- Bake at 450 for 7 minutes.
- Remove dried beans and foil, and bake piecrust 2 more minutes; cool on a wire rack. Reduce oven temperature to 35
- Beat butter and brown sugar in a large bowl at medium speed with an electric mixer until fluffy; add eggs, 1 at a time, beating well after each addition. Stir in flour and buttermilk.
- Add vanilla, stirring well.
- Pour filling into prepared crust.
- Bake at 350 for 45 minutes or until almost set. Cool completely on wire rack.
- Remove tart pan rim and transfer tart to a serving platter. Dust with powdered sugar, if desired. Dollop each serving with whipped cream.

Nutrition Facts



Properties

Glycemic Index:12.41, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:3.3547826176104%

Nutrients (% of daily need)

Calories: 269.14kcal (13.46%), Fat: 14.23g (21.89%), Saturated Fat: 6.65g (41.54%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 31.95g (11.62%), Sugar: 19.58g (21.75%), Cholesterol: 52.13mg (17.38%), Sodium: 167.44mg (7.28%), Alcohol: 0.16g (100%), Alcohol %: 0.29% (100%), Protein: 3.08g (6.17%), Selenium: 4.8µg (6.85%), Manganese: 0.13mg (6.49%), Folate: 23.22µg (5.8%), Vitamin B2: 0.1mg (5.75%), Iron: 0.97mg (5.38%), Vitamin B1: 0.08mg (5.34%), Vitamin A: 261.67IU (5.23%), Phosphorus: 46.7mg (4.67%), Calcium: 37.64mg (3.76%), Vitamin B3: 0.74mg (3.71%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.4mg (2.69%), Fiber: 0.64g (2.55%), Vitamin K: 2.45µg (2.33%), Potassium: 78.61mg (2.25%), Vitamin B12: 0.12µg (2.06%), Vitamin B6: 0.04mg (1.99%), Magnesium: 7.86mg (1.96%), Zinc: 0.28mg (1.85%), Copper: 0.04mg (1.83%), Vitamin D: 0.25µg (1.64%)