



Caramel Nut Tart

READY IN



105 min.

SERVINGS



45

CALORIES



107 kcal

DESSERT

Ingredients

- 3 Tbsp brown sugar
- 0.3 cup butter melted
- 35 caramels kraft
- 1.3 cups graham cracker crumbs
- 0.3 tsp ground cinnamon
- 1 Tbsp maxwell house coffee instant
- 3 cups planters pecans toasted chopped
- 1 oz baker's semi-sweet chocolate
- 0.3 cup whipping cream

Equipment

- bowl
- oven
- microwave
- springform pan

Directions

- Heat oven to 325F.
- Mix first 4 ingredients; press onto bottom and 1 inch up side of 9-inch springform pan.
- Bake 10 min. or until lightly browned. Cool.
- Microwave caramels, cream and coffee granules in large microwaveable bowl on MEDIUM (50%) 2 to 3 min. or until caramels are completely melted, stirring after each minute. Stir in nuts; spread onto bottom of crust.
- Refrigerate 1 hour or until firm. Melt chocolate as directed on package; drizzle over tart. Refrigerate until firm.

Nutrition Facts

  
 **PROTEIN 4.42%**  **FAT 60.14%**  **CARBS 35.44%**

Properties

Glycemic Index:3.42, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:2.3000000151603%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 107.39kcal (5.37%), Fat: 7.51g (11.55%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.19g (3.34%), Sugar: 6.95g (7.72%), Cholesterol: 2.57mg (0.86%), Sodium: 47.13mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.03mg (1.34%), Protein: 1.24g (2.48%), Manganese: 0.31mg

(15.56%), Copper: 0.09mg (4.5%), Vitamin B1: 0.06mg (3.84%), Phosphorus: 35.19mg (3.52%), Magnesium: 12.4mg (3.1%), Fiber: 0.77g (3.08%), Zinc: 0.4mg (2.67%), Vitamin B2: 0.04mg (2.25%), Calcium: 20.09mg (2.01%), Iron: 0.33mg (1.82%), Potassium: 58.67mg (1.68%), Vitamin A: 78.35IU (1.57%), Vitamin E: 0.19mg (1.25%), Vitamin B5: 0.11mg (1.14%), Vitamin B6: 0.02mg (1.09%), Vitamin B3: 0.22mg (1.08%)