



Caramel Turtle Tart

READY IN



45 min.

SERVINGS



12

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons plus light
- ☐ 1 package dough thawed for a 9-inch pie shell,
- ☐ 0.8 cup heavy cream
- ☐ 1 cup pecans coarsely chopped
- ☐ 1 ounce bittersweet chocolate finely chopped
- ☐ 2.3 cups sugar
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.5 teaspoon vegetable oil
- ☐ 0.8 cup water

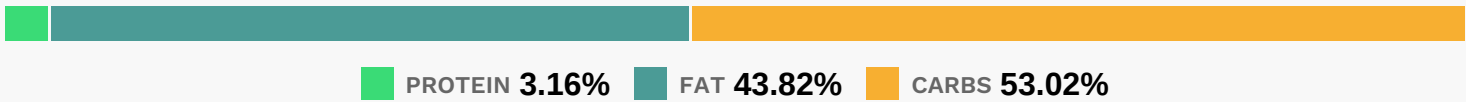
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags
- ☐ microwave
- ☐ tart form

Directions

- ☐ Fit pie shell dough into a 9-inch tart pan with a removable bottom. Preheat oven and bake tart shell according to package directions.
- ☐ Let shell cool completely.
- ☐ Combine sugar, water and corn syrup in a small, heavy saucepan. Bring to a boil over medium-high heat without stirring. Continue cooking without disturbing until mixture turns golden (about 15 minutes). Reduce heat to low, carefully drizzle in 3/4 cup cream and then stir until smooth. Stir pecans and vanilla extract into caramel mixture and then scrape into prepared tart shell. Chill for at least 30 minutes (or up to 2 days).
- ☐ Place chocolate, remaining 1 Tbsp. cream and vegetable oil in a small microwavable bowl; cook mixture for 2 minutes at medium (50%) power. Stir until smooth. (If it doesn't melt after 2 minutes, microwave in additional 30- second intervals until smooth.)
- ☐ Transfer chilled tart to a serving platter. Scrape melted chocolate into a corner of a small, sturdy plastic bag.
- ☐ Cut off tip and drizzle chocolate on top of tart. Chill again until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.26, Glycemic Load:26.62, Inflammation Score:-3, Nutrition Score:5.4595652170803%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

Nutrients (% of daily need)

Calories: 443.12kcal (22.16%), Fat: 22.09g (33.98%), Saturated Fat: 7.47g (46.7%), Carbohydrates: 60.12g (20.04%), Net Carbohydrates: 58.22g (21.17%), Sugar: 41.19g (45.76%), Cholesterol: 16.95mg (5.65%), Sodium: 157.05mg (6.83%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.58g (7.16%), Manganese: 0.57mg (28.33%), Vitamin B1: 0.16mg (10.71%), Copper: 0.16mg (8.14%), Fiber: 1.9g (7.59%), Iron: 1.35mg (7.47%), Folate: 28.08µg (7.02%), Vitamin B2: 0.11mg (6.44%), Phosphorus: 64.03mg (6.4%), Vitamin B3: 1.12mg (5.58%), Magnesium: 20.88mg (5.22%), Selenium: 3.29µg (4.7%), Vitamin A: 224.83IU (4.5%), Zinc: 0.65mg (4.36%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.45mg (3%), Potassium: 97.94mg (2.8%), Vitamin B5: 0.26mg (2.65%), Calcium: 25.22mg (2.52%), Vitamin B6: 0.04mg (2.09%), Vitamin D: 0.24µg (1.59%)