



WHATSheATE



Cashew-Coconut Tart in Chocolate Crust

READY IN



45 min.

SERVINGS



14

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 10 tablespoons butter unsalted diced chilled ()
- ☐ 1 cup brown sugar dark packed ()
- ☐ 1.5 tablespoons ginger fresh peeled finely chopped
- ☐ 1 cup heavy whipping cream
- ☐ 1.5 tablespoons ice water
- ☐ 0.3 cup maple syrup pure
- ☐ 2 cups can lightly roasted cashews salted canned
- ☐ 0.3 teaspoon salt generous ()

- ☐ 5 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.7 cup sugar
- ☐ 1 cup coconut or sweetened flaked
- ☐ 0.5 cup cocoa powder unsweetened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ microwave
- ☐ tart form
- ☐ candy thermometer

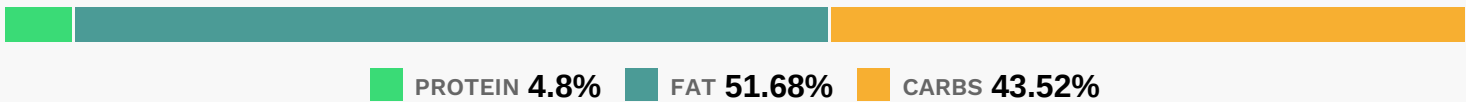
Directions

- ☐ Spray 11-inch-diameter tart pan with removable bottom with nonstick spray. Blend flour, sugar, cocoa, and salt in processor 5 seconds.
- ☐ Add butter and blend until moist sandy texture forms.
- ☐ Add 1 1/2 tablespoons ice water and blend until dough comes together. Press dough evenly onto bottom and up sides of prepared pan. Chill crust 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Place crust on baking sheet.
- ☐ Bake crust until dry-looking and slightly puffed, about 18 minutes. Cool crust on rack completely. Maintain oven temperature.
- ☐ Bring brown sugar, cream, maple syrup, and ginger to boil in heavy medium saucepan over medium-high heat, whisking gently until sugar dissolves. Attach candy thermometer to side of pan. Adjust heat to maintain low boil; cook until thermometer registers 222°F, whisking

occasionally, about 8 minutes.

- ☐ Mix in cashews and coconut. Cool 20 minutes.
- ☐ Place chopped chocolate in small microwave-safe bowl. Cook at medium setting in 15-second intervals until soft and beginning to melt. Stir until completely melted and smooth.
- ☐ Brush enough chocolate over inside of crust to coat completely. Freeze crust until chocolate is cold and hard, about 15 minutes (reserve remaining melted chocolate for garnish).
- ☐ Pour filling into crust.
- ☐ Place tart on rimmed baking sheet.
- ☐ Bake until filling is beginning to darken on top and is bubbling thickly, about 35 minutes.
- ☐ Transfer tart to rack. Cool completely. Remelt reserved chocolate in microwave.
- ☐ Drizzle chocolate over tart in lacy pattern. (Can be made 1 day ahead. Cover; store at room temperature.)

Nutrition Facts



Properties

Glycemic Index:14.04, Glycemic Load:14.71, Inflammation Score:-6, Nutrition Score:11.215217493798%

Flavonoids

Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg, Epicatechin: 6.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 493.46kcal (24.67%), Fat: 29.46g (45.33%), Saturated Fat: 14.94g (93.37%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 52.38g (19.05%), Sugar: 36.87g (40.97%), Cholesterol: 41.32mg (13.77%), Sodium: 197.02mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.77mg (5.26%), Protein: 6.16g (12.32%), Manganese: 0.74mg (36.86%), Copper: 0.72mg (36.24%), Magnesium: 94.34mg (23.58%), Phosphorus: 176.04mg (17.6%), Iron: 3mg (16.66%), Vitamin B2: 0.24mg (14.26%), Fiber: 3.45g (13.8%), Selenium: 9.2µg (13.15%), Zinc: 1.81mg (12.04%), Vitamin A: 504.86IU (10.1%), Vitamin B1: 0.14mg (9.5%), Folate: 36.31µg (9.08%), Potassium: 308.54mg (8.82%), Vitamin K: 8.88µg (8.45%), Vitamin B3: 1.17mg (5.86%), Calcium: 56.67mg (5.67%), Vitamin E: 0.64mg (4.27%), Vitamin B5: 0.41mg (4.1%), Vitamin B6: 0.08mg (3.89%), Vitamin D: 0.42µg (2.81%), Vitamin B12: 0.06µg (1.04%)