



Chocolate and Coconut Pecan Tart

READY IN



45 min.

SERVINGS



16

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 1 cup plus light
- ☐ 2 large egg yolk
- ☐ 3 large eggs
- ☐ 0.8 cup brown sugar packed ()
- ☐ 7 ounces pecans toasted
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces semisweet chocolate chips miniature
- ☐ 0.3 cup sugar

- ☐ 0.3 cup butter unsalted melted ()
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 0.8 cup coconut shredded unsweetened
- ☐ 2 teaspoons vanilla extract

Equipment

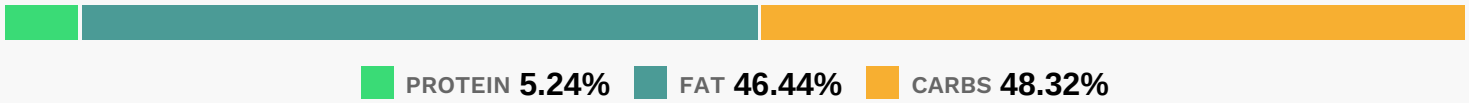
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula
- ☐ tart form

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk flour, cocoa, sugar, and salt in large bowl to blend.
- ☐ Add butter; rub in with fingertips until mixture resembles coarse meal.
- ☐ Whisk yolks in small bowl to blend; add to flour mixture. Stir until moist clumps form. Gather dough into ball; press over bottom and up sides of 11-inch-diameter tart pan with removable bottom.
- ☐ Bake crust until set, about 15 minutes. Cool while preparing filling. Reduce oven temperature to 350°F.
- ☐ Blend corn syrup, sugar, and butter in medium bowl.
- ☐ Whisk in eggs, vanilla, and salt. Stir in 1/2 cup chocolate chips, 3/4 cup coconut, and pecans.
- ☐ Pour filling into prepared crust.
- ☐ Bake tart until filling is set and golden brown on top, about 40 minutes.
- ☐ Place tart on rack.
- ☐ Sprinkle remaining 1/2 cup chocolate chips evenly around edge of warm tart.
- ☐ Let stand just until chips soften, about 5 minutes. Using small spatula, spread chocolate to form 1-inch border around edge of tart.

Sprinkle chocolate border with remaining 3 tablespoons coconut. Cool completely. (Can be made 1 day ahead. Cover loosely with foil; let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:11.81, Inflammation Score:-4, Nutrition Score:9.3565216990917%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 381.61kcal (19.08%), Fat: 20.57g (31.65%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 44.4g (16.15%), Sugar: 34.38g (38.2%), Cholesterol: 66.09mg (22.03%), Sodium: 70.54mg (3.07%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Caffeine: 13.46mg (4.49%), Protein: 5.23g (10.46%), Manganese: 0.98mg (49.12%), Copper: 0.42mg (20.93%), Selenium: 10.81µg (15.44%), Fiber: 3.76g (15.05%), Vitamin B1: 0.2mg (13.44%), Magnesium: 52.08mg (13.02%), Phosphorus: 125.54mg (12.55%), Iron: 2.23mg (12.41%), Zinc: 1.41mg (9.41%), Vitamin B2: 0.14mg (8.5%), Folate: 32.88µg (8.22%), Potassium: 206.68mg (5.91%), Vitamin B3: 1.02mg (5.08%), Vitamin B5: 0.45mg (4.55%), Calcium: 40.85mg (4.08%), Vitamin B6: 0.08mg (3.9%), Vitamin A: 182.17IU (3.64%), Vitamin E: 0.5mg (3.33%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.36µg (2.37%), Vitamin K: 1.59µg (1.51%)