



Chocolate and Mixed Nut Tart in Cookie Crust

READY IN



45 min.

SERVINGS



12

CALORIES



542 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 0.5 teaspoon almond extract
- 0.5 cup butter salted chilled cut into 1/2-inch pieces (1 stick)
- 0.8 cup plus light
- 3 large eggs
- 0.3 cup brown sugar packed ()
- 4 ounces hazelnuts cooled husked toasted
- 0.3 cup butter salted cooled melted ()
- 1 cup semi chocolate chips

- 0.3 cup sugar
- 1 teaspoon vanilla extract
- 3.5 ounces walnuts cooled toasted
- 2 tablespoons whipping cream chilled ()
- 4.5 ounces almonds whole cooled toasted

Equipment

- bowl
- frying pan
- oven
- whisk
- tart form

Directions

- Combine flour and sugar in processor.
- Add butter and cut in, using on/off turns, until mixture resembles coarse meal.
- Add 2 tablespoons cream and vanilla extract. Using on/off turns, blend until moist clumps form, adding more cream by tablespoonfuls if dough is dry. Gather dough together. Press dough over bottom and up sides of 11-inch-diameter tart pan with removable bottom. (Can be made 1 day ahead. Cover and chill.
- Let stand at room temperature 30 minutes before filling.)
- Preheat oven to 350°F.
- Combine all nuts in processor; chop coarsely, using on/off turns.
- Whisk corn syrup, brown sugar, and melted butter in large bowl to blend.
- Whisk in eggs and vanilla and almond extracts.
- Mix in chocolate chips, then nuts.
- Transfer filling to prepared crust.
- Bake tart until firmly set in center and top is deep golden brown, about 50 minutes. Cool tart in pan on rack 30 minutes. Push up pan bottom to release tart.
- Serve warm or at room temperature.

Nutrition Facts

PROTEIN 6.58% FAT 57.74% CARBS 35.68%

Properties

Glycemic Index:25.76, Glycemic Load:14.96, Inflammation Score:-6, Nutrition Score:14.941739051238%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 542.01kcal (27.1%), Fat: 35.99g (55.38%), Saturated Fat: 12.92g (80.75%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 45.62g (16.59%), Sugar: 31.8g (35.33%), Cholesterol: 80.73mg (26.91%), Sodium: 126.32mg (5.49%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 12.9mg (4.3%), Protein: 9.23g (18.47%), Manganese: 1.42mg (71.09%), Vitamin E: 4.78mg (31.85%), Copper: 0.63mg (31.26%), Magnesium: 89.65mg (22.41%), Phosphorus: 192.84mg (19.28%), Fiber: 4.42g (17.69%), Vitamin B2: 0.3mg (17.45%), Vitamin B1: 0.26mg (17.14%), Selenium: 11.91µg (17.01%), Iron: 3.01mg (16.73%), Folate: 58.5µg (14.62%), Zinc: 1.6mg (10.68%), Vitamin A: 469.95IU (9.4%), Potassium: 310.58mg (8.87%), Vitamin B3: 1.72mg (8.6%), Calcium: 77.84mg (7.78%), Vitamin B6: 0.15mg (7.44%), Vitamin B5: 0.52mg (5.17%), Vitamin K: 3.8µg (3.62%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.29µg (1.93%)