



## Chocolate and Raspberry Tart

READY IN



160 min.

SERVINGS



40

CALORIES



98 kcal

DESSERT

### Ingredients

- 1 oz baker's chocolate white
- 3 Tbsp butter melted
- 3.9 oz jell-o chocolate flavor pudding instant
- 1 cup milk cold
- 12 raspberries fresh
- 0.3 cup raspberry jam seedless
- 4 oz baker's semi-sweet chocolate divided (6 oz.)
- 2 cups vanilla creme-filled chocolate sandwich cookies crushed finely
- 8 oz cool whip whipped topping divided thawed

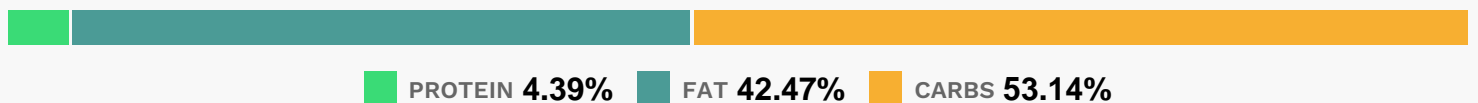
## Equipment

- bowl
- frying pan
- knife
- whisk
- microwave
- tart form

## Directions

- Spray 10-inch tart pan with removable bottom with cooking spray.
- Combine cookie crumbs and butter; press onto bottom and up side of prepared pan. Refrigerate until ready to use.
- Melt 2 oz. semi-sweet chocolate as directed on package. Beat pudding mix and milk in medium bowl with whisk 2 min. ( pudding will be thick.) Stir in melted chocolate, then 1 cup COOL WHIP until blended.
- Pour into crust. Refrigerate 1-1/2 hours.
- Microwave remaining semi-sweet chocolate and COOL WHIP in microwaveable bowl on HIGH 2 min., stirring after 2 min. Stir until chocolate is completely melted and mixture is well blended. Cool 10 min.
- Microwave jam in separate microwaveable bowl on HIGH 15 sec.; spread over pudding layer in crust. Cover with COOL WHIP mixture. Refrigerate 30 min.
- Run knife around tart to loosen from rim of pan; remove rim. Melt white chocolate as directed on package; drizzle over tart.
- Garnish with berries.

## Nutrition Facts



## Properties

Glycemic Index:4.72, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:1.976521735606%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 97.93kcal (4.9%), Fat: 4.68g (7.2%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 12.56g (4.57%), Sugar: 9.28g (10.31%), Cholesterol: 1.16mg (0.39%), Sodium: 88.45mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.03mg (1.01%), Protein: 1.09g (2.18%), Iron: 1.2mg (6.69%), Manganese: 0.11mg (5.36%), Copper: 0.08mg (3.78%), Phosphorus: 29.22mg (2.92%), Magnesium: 11.46mg (2.86%), Vitamin K: 2.75µg (2.62%), Fiber: 0.62g (2.49%), Vitamin B2: 0.04mg (2.34%), Vitamin E: 0.29mg (1.97%), Calcium: 17.6mg (1.76%), Potassium: 61.2mg (1.75%), Vitamin B1: 0.02mg (1.51%), Selenium: 1.05µg (1.5%), Folate: 5.55µg (1.39%), Vitamin B3: 0.26mg (1.3%), Zinc: 0.19mg (1.27%), Vitamin A: 53.62IU (1.07%)