

Chocolate Caramel Tartlets

READY IN



45 min.

SERVINGS



24

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 140 g flour
- 130 g bittersweet chocolate chopped
- 115 g butter at room temperature
- 24 servings sea salt
- 50 g cocoa powder
- 1 eggs at room temperature
- 90 ml cup heavy whipping cream
- 0.3 tsp salt
- 0.5 tsp vanilla (paste or extract)

1 cup granulated sugar white

Equipment

Directions

See full recipe at becauseilikechocolate.com.

Nutrition Facts



PROTEIN 4.74% **FAT 48.69%** **CARBS 46.57%**

Properties

Glycemic Index:8.13, Glycemic Load:9.04, Inflammation Score:-2, Nutrition Score:3.0230434834147%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 139.49kcal (6.97%), Fat: 7.87g (12.1%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 15.57g (5.66%), Sugar: 10.49g (11.65%), Cholesterol: 21.71mg (7.24%), Sodium: 253.63mg (11.03%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Caffeine: 9.45mg (3.15%), Protein: 1.72g (3.44%), Manganese: 0.19mg (9.66%), Copper: 0.16mg (7.88%), Magnesium: 21.81mg (5.45%), Fiber: 1.36g (5.45%), Iron: 0.95mg (5.25%), Selenium: 3.5µg (5.01%), Phosphorus: 42.65mg (4.26%), Vitamin A: 187.81IU (3.76%), Vitamin B1: 0.05mg (3.39%), Vitamin B2: 0.06mg (3.25%), Folate: 12.5µg (3.12%), Zinc: 0.36mg (2.43%), Vitamin B3: 0.44mg (2.21%), Potassium: 76.23mg (2.18%), Vitamin E: 0.2mg (1.35%), Calcium: 11.79mg (1.18%)