



## Chocolate-Cashew-Cranberry Tart

READY IN



240 min.

SERVINGS



16

CALORIES



433 kcal

DESSERT

### Ingredients

- 9.3 oz cashew pieces
- 0.3 cup plus light
- 1.3 cups chocolate chips dark (from 12-oz bag)
- 0.5 cup granulated sugar
- 0.5 cup brown sugar light packed
- 1 box pie crust dough refrigerated softened pillsbury®
- 6 oz cranberries dried sweetened ()
- 1 teaspoon vanilla
- 1 teaspoon vegetable oil

- 1 cup whipping cream

## Equipment

- bowl
- sauce pan
- oven
- whisk
- wooden spoon
- microwave
- tart form

## Directions

- Heat oven to 425°F. Make 1 pie crust as directed on box for One-Crust Filled Pie, using 10-inch tart pan with removable bottom. Trim edges.
- Bake 9 to 11 minutes or until lightly browned and dry in appearance. If crust puffs in center, flatten gently with back of wooden spoon.
- Sprinkle 1 cup of the chocolate chips over hot crust.
- Let stand 5 minutes to soften. Gently spread evenly over crust. Refrigerate to set chocolate. Reduce oven temperature to 375°F.
- In 2-quart saucepan, heat granulated sugar, brown sugar, corn syrup and cream to full rolling boil over medium-high heat, stirring constantly with wire whisk, until sugar is dissolved. Reduce heat to medium-low to just maintain a full boil. Cook 8 to 10 minutes, stirring frequently, until mixture thickens and starts to turn a slightly darker caramel color.
- Remove from heat; stir in vanilla and dried cranberries.
- Let stand 15 minutes. Stir in cashews. Spoon mixture evenly over chocolate in pie crust.
- Bake at 375°F 20 to 25 minutes or until filling is bubbly and cashews are golden brown.
- In microwavable bowl, microwave remaining 1/4 cup chocolate chips and the oil uncovered on High 1 to 1 1/2 minutes or until melted, stirring twice.
- Drizzle over tart. Cool completely, about 2 hours. Refrigerate about 1 hour or until chocolate is set. Cover and refrigerate any remaining tart.

## Nutrition Facts

PROTEIN 5.5% FAT 48.36% CARBS 46.14%

## Properties

Glycemic Index:7.14, Glycemic Load:6.25, Inflammation Score:-4, Nutrition Score:8.1356522078099%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 432.61kcal (21.63%), Fat: 23.92g (36.8%), Saturated Fat: 10.87g (67.92%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 49.07g (17.85%), Sugar: 30.95g (34.38%), Cholesterol: 16.95mg (5.65%), Sodium: 129.12mg (5.61%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 6.12g (12.24%), Manganese: 0.44mg (21.75%), Copper: 0.42mg (20.82%), Magnesium: 58.84mg (14.71%), Phosphorus: 142.68mg (14.27%), Iron: 2.03mg (11.3%), Zinc: 1.63mg (10.86%), Vitamin B1: 0.16mg (10.64%), Vitamin K: 10.3µg (9.81%), Fiber: 2.26g (9.05%), Selenium: 6.09µg (8.69%), Potassium: 250.47mg (7.16%), Calcium: 70.69mg (7.07%), Vitamin B2: 0.11mg (6.44%), Folate: 25.21µg (6.3%), Vitamin E: 0.87mg (5.78%), Vitamin B6: 0.11mg (5.56%), Vitamin B3: 1.07mg (5.36%), Vitamin A: 220.32IU (4.41%), Vitamin B5: 0.42mg (4.18%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.06µg (1.05%)