



Chocolate-Cherry Tart

READY IN



45 min.

SERVINGS



12

CALORIES



357 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.3 cup plus dark
- ☐ 1 cup bing cherries dried sweet packed ()
- ☐ 1 large eggs
- ☐ 3 large eggs
- ☐ 0.3 cup kirsch liqueur (clear cherry brandy)
- ☐ 12 servings powdered sugar
- ☐ 0.5 teaspoon salt (scant)
- ☐ 6 ounces bittersweet chocolate unsweetened chopped (not)

- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 12 servings cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water

Equipment

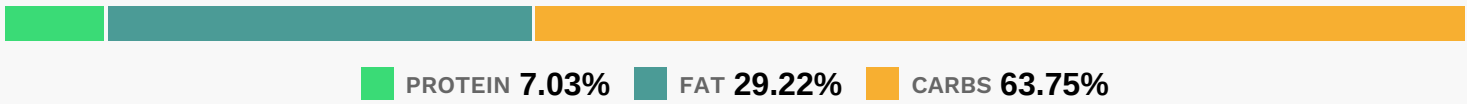
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ tart form

Directions

- ☐ Stir 1/2 cup water and sugar in heavy medium saucepan over medium heat until sugar dissolves and syrup comes to boil.
- ☐ Add cherries.
- ☐ Remove mixture from heat; cool 30 minutes.
- ☐ Mix in kirsch. Cover and refrigerate 1 day.
- ☐ Using electric mixer, beat butter in large bowl until fluffy.
- ☐ Add sugar and beat until smooth. Beat in egg and vanilla. Sift flour, cocoa, and salt over; beat to blend. Using moistened fingertips, press dough over bottom and up sides of 11-inch-diameter tart pan with removable bottom. Cover and chill at least 1 hour and up to 1 day.
- ☐ Preheat oven to 350°F.
- ☐ Drain cherries, reserving cherry syrup.
- ☐ Sprinkle cherries in crust.
- ☐ Combine eggs, corn syrup, butter, vanilla, and salt in large bowl.
- ☐ Add sugar and 1/4 cup cherry syrup; beat to blend.

- ☐ Mix in chocolate.
- ☐ Pour filling into crust.
- ☐ Bake tart until set in center, about 1 hour. Cool on rack 30 minutes. (Can be made 1 day ahead. Cover; store at room temperature.) Release tart from pan. Dust with powdered sugar and cocoa.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:23.93, Inflammation Score:-5, Nutrition Score:7.8478260403094%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 356.7kcal (17.84%), Fat: 11.22g (17.26%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 55.07g (18.36%), Net Carbohydrates: 52.06g (18.93%), Sugar: 34.1g (37.89%), Cholesterol: 73.02mg (24.34%), Sodium: 140.26mg (6.1%), Alcohol: 2.34g (100%), Alcohol %: 2.69% (100%), Caffeine: 14.49mg (4.83%), Protein: 6.07g (12.14%), Selenium: 13.93µg (19.9%), Manganese: 0.39mg (19.27%), Iron: 2.51mg (13.92%), Copper: 0.27mg (13.35%), Fiber: 3.02g (12.07%), Vitamin B1: 0.18mg (11.82%), Folate: 46.42µg (11.61%), Vitamin A: 573.86IU (11.48%), Vitamin B2: 0.19mg (11.45%), Phosphorus: 102.16mg (10.22%), Magnesium: 37.51mg (9.38%), Vitamin B3: 1.39mg (6.95%), Zinc: 0.82mg (5.46%), Potassium: 147.14mg (4.2%), Vitamin B5: 0.4mg (3.99%), Calcium: 35.01mg (3.5%), Vitamin B12: 0.18µg (3.03%), Vitamin D: 0.4µg (2.7%), Vitamin E: 0.38mg (2.55%), Vitamin B6: 0.04mg (2.23%), Vitamin K: 1.49µg (1.42%)