



Chocolate Chess Tartlets

READY IN



20 min.

SERVINGS



1

CALORIES



3347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 1.5 tablespoons cornmeal
- 3 large eggs lightly beaten
- 1 tablespoon flour all-purpose
- 10.5 oz phyllo pastry shells frozen mini thawed
- 1 Dash salt
- 1.5 cups sugar
- 3 tablespoons cocoa unsweetened
- 1 serving garnish: whipped topping frozen thawed

2 teaspoons vinegar white

Equipment

baking sheet

oven

Directions

Stir together first 7 ingredients until blended.

Add eggs, stirring well. Spoon about 1 heaping tsp. chocolate mixture into each pastry shell, and place on 2 large ungreased baking sheets.

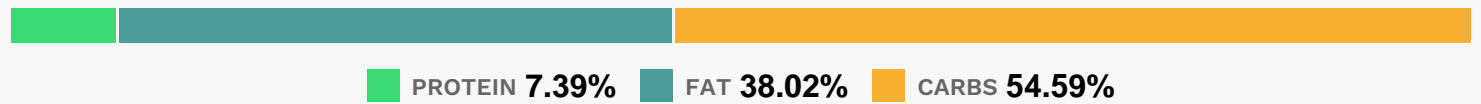
Bake at 350 for 25 minutes or just until set.

Remove to wire racks, and let cool completely.

Garnish, if desired.

Note: For testing purposes only, we used Athens Mini Fillo Shells. Store tartlets in an airtight container up to 3 days.

Nutrition Facts



Properties

Glycemic Index:313.59, Glycemic Load:220.13, Inflammation Score:-9, Nutrition Score:27.773478404335%

Flavonoids

Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg, Epicatechin: 29.46mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 3347.19kcal (167.36%), Fat: 152.22g (234.18%), Saturated Fat: 64.92g (405.76%), Carbohydrates: 491.74g (163.91%), Net Carbohydrates: 484.58g (176.21%), Sugar: 301.61g (335.12%), Cholesterol: 802.12mg (267.37%), Sodium: 1611.06mg (70.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 34.5mg (11.5%), Protein: 66.54g (133.08%), Selenium: 54.73µg (78.19%), Vitamin A: 3649.7IU (72.99%), Vitamin B2: 0.87mg (51.31%), Phosphorus: 479.92mg (47.99%), Manganese: 0.78mg (39.12%), Copper: 0.75mg (37.28%), Iron: 5.69mg (31.59%), Vitamin E: 4.31mg (28.7%), Fiber: 7.16g (28.65%), Magnesium: 113.24mg (28.31%), Vitamin B5: 2.58mg (25.85%), Vitamin B12:

1.54µg (25.62%), Folate: 97.67µg (24.42%), Zinc: 3.61mg (24.08%), Vitamin D: 3µg (20%), Vitamin B6: 0.37mg (18.44%), Potassium: 529.32mg (15.12%), Calcium: 139.28mg (13.93%), Vitamin B1: 0.18mg (12.14%), Vitamin K: 8.97µg (8.54%), Vitamin B3: 1.3mg (6.52%)