



HEALTH SCORE

61%

Chocolate Chess Tarts



Very Healthy

READY IN



110 min.

SERVINGS



1

CALORIES



5544 kcal

DESSERT

Ingredients

- ☐ 2 oz baker's chocolate unsweetened chopped
- ☐ 0.3 cup butter melted
- ☐ 1 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 1 serving chocolate shaved toasted chopped
- ☐ 8 oz cream cheese softened
- ☐ 4 large eggs
- ☐ 2.5 cups flour all-purpose

- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract

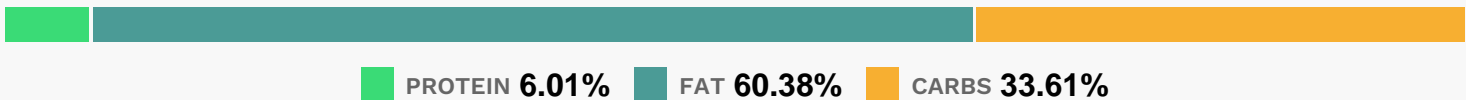
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy. Gradually add flour to butter mixture, beating at low speed until blended. Shape mixture into 48 balls, and place on a baking sheet; cover and chill 30 minutes.
- ☐ Preheat oven to 350
- ☐ Place 1 dough ball into each cup of 2 lightly greased (24-cup) miniature muffin pans, and shape each into a pastry shell.
- ☐ Whisk together eggs and next 4 ingredients. Microwave chocolate in a microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals; stir chocolate into egg mixture.
- ☐ Pour into pastry shells.
- ☐ Bake at 350 for 18 to 22 minutes or until filling is set. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans to wire racks; cool completely (about 20 minutes).
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:345.69, Glycemic Load:317.66, Inflammation Score:-10, Nutrition Score:71.512608735458%

Flavonoids

Catechin: 36.47mg, Catechin: 36.47mg, Catechin: 36.47mg, Catechin: 36.47mg Epicatechin: 80.42mg, Epicatechin: 80.42mg, Epicatechin: 80.42mg, Epicatechin: 80.42mg

Nutrients (% of daily need)

Calories: 5543.98kcal (277.2%), Fat: 380.18g (584.89%), Saturated Fat: 228.95g (1430.95%), Carbohydrates: 476.2g (158.73%), Net Carbohydrates: 458.3g (166.65%), Sugar: 217.79g (241.99%), Cholesterol: 1637mg (545.67%), Sodium: 3091.02mg (134.39%), Alcohol: 2.75g (100%), Alcohol %: 0.24% (100%), Caffeine: 46.02mg (15.34%), Protein: 85.21g (170.42%), Selenium: 200.13µg (285.9%), Vitamin A: 11887.51IU (237.75%), Manganese: 4.61mg (230.55%), Vitamin B2: 3.39mg (199.61%), Vitamin B1: 2.74mg (182.75%), Folate: 717.27µg (179.32%), Iron: 28.35mg (157.49%), Phosphorus: 1379.56mg (137.96%), Copper: 2.52mg (126.17%), Vitamin B3: 19.85mg (99.25%), Zinc: 12.13mg (80.89%), Magnesium: 318.71mg (79.68%), Vitamin E: 11.57mg (77.15%), Fiber: 17.9g (71.62%), Vitamin B5: 6.62mg (66.15%), Calcium: 649.89mg (64.99%), Vitamin B12: 3.35µg (55.76%), Potassium: 1633.73mg (46.68%), Vitamin D: 5.56µg (37.07%), Vitamin B6: 0.67mg (33.73%), Vitamin K: 33.41µg (31.82%)