



Chocolate Date Caramel Walnut Tart (Gluten-Free, Grain-Free, Vegan)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 250 g almond flour
- ☐ 0.5 cup cocoa powder raw organic
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 Tablespoons olive oil extra virgin melted
- ☐ 0.5 cup maple syrup
- ☐ 160 g medjool dates (10)
- ☐ 0.1 teaspoon sea salt fine (like fleur de sel)

- ☐ 0.5 vanilla pod
- ☐ 1 cup walnuts divided toasted chopped (use)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ tart form

Directions

- ☐ Grease a 9 inch tart pan with a removable bottom.
- ☐ Place almond flour and salt into a large bowl.
- ☐ Add maple syrup and melted coconut oil and blend together with a fork until it resembles coarse meal, about two minutes. Press firmly and evenly into the bottom and sides of tart pan with your fingers. Prick with the tines of a fork.
- ☐ Let the dough firm and chill in the fridge for at least 20 minutes before baking. Preheat oven to 350 F.
- ☐ Bake for 15-18 minutes, or until golden but not dark.
- ☐ Remove from oven and set aside to cool while making filling. In a food processor puree the soaked, pitted dates along with the soaking liquid, melted coconut oil, salt and scraped vanilla bean seeds until thick with a whipped, creamy texture is achieved. Stir in $\frac{3}{4}$ cup of the chopped toasted walnuts and spread mixture into the cooled tart shell in an even layer. Set in the fridge while making the cacao ganache. In the food processor, blend together maple syrup and melted coconut oil until well combined.
- ☐ Add in cacao powder and process until smooth scraping down the sides as needed.
- ☐ Pour over date walnut base and spread out evenly over the top.
- ☐ Sprinkle with extra sea salt and the remaining chopped toasted walnuts. Return pan to fridge to set and firm for at least one hour before serving.

Nutrition Facts



 PROTEIN **7.79%**  FAT **61.58%**  CARBS **30.63%**

Properties

Glycemic Index:7.06, Glycemic Load:5.15, Inflammation Score:-4, Nutrition Score:10.760434808291%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 485.55kcal (24.28%), Fat: 36.07g (55.49%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 32.75g (11.91%), Sugar: 26.92g (29.91%), Cholesterol: 0mg (0%), Sodium: 39.97mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 10.26g (20.53%), Manganese: 1.23mg (61.39%), Fiber: 7.62g (30.48%), Copper: 0.51mg (25.43%), Vitamin B2: 0.3mg (17.79%), Magnesium: 64.96mg (16.24%), Iron: 2.61mg (14.52%), Calcium: 121.7mg (12.17%), Vitamin E: 1.58mg (10.56%), Phosphorus: 102.46mg (10.25%), Potassium: 330.79mg (9.45%), Zinc: 1.05mg (6.98%), Vitamin K: 7.24µg (6.9%), Vitamin B6: 0.13mg (6.73%), Vitamin B1: 0.08mg (5.16%), Folate: 19.05µg (4.76%), Vitamin B3: 0.62mg (3.1%), Vitamin B5: 0.26mg (2.58%), Selenium: 1.49µg (2.12%)