



Chocolate Dream Tart

READY IN



110 min.

SERVINGS



12

CALORIES



415 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnut pieces chopped
- ☐ 12 servings whipped cream unsweetened

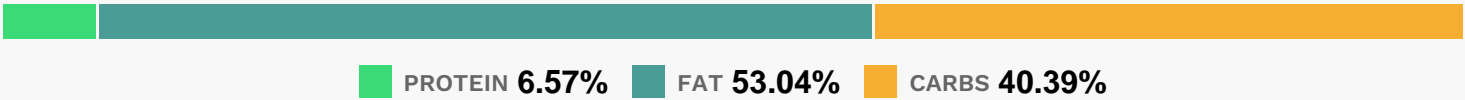
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ tart form

Directions

- ☐ Heat oven to 400F. In medium bowl, cut 1/3 cup butter into flour, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly. Stir in egg until dough forms. Press firmly and evenly against bottom and side of ungreased 9-inch tart pan with removable bottom.
- ☐ Bake 12 to 15 minutes or until golden brown; cool on cooling rack.
- ☐ Reduce oven temperature to 350F. In 2-quart saucepan, melt 1 tablespoon butter over low heat. Stir in milk and chocolate chips. Cook over low heat, stirring occasionally, until chocolate is melted. Stir in walnuts and vanilla.
- ☐ Spread in baked crust.
- ☐ Bake about 25 minutes or until edge is set but chocolate appears moist in center. Cool completely in pan on cooling rack, about 1 hour. To serve, top each slice with whipped cream.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:17.21, Inflammation Score:-5, Nutrition Score:10.025217305059%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 415.46kcal (20.77%), Fat: 24.72g (38.02%), Saturated Fat: 10.57g (66.06%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 39.48g (14.36%), Sugar: 29.09g (32.32%), Cholesterol: 31.15mg (10.38%), Sodium: 121.33mg (5.28%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Caffeine: 24.38mg (8.13%), Protein: 6.89g (13.78%), Manganese: 0.62mg (30.85%), Copper: 0.45mg (22.74%), Phosphorus: 199.84mg (19.98%), Selenium: 12.26µg (17.51%), Magnesium: 69.85mg (17.46%), Iron: 2.55mg (14.15%), Vitamin B2: 0.23mg (13.76%), Calcium: 128.24mg (12.82%), Fiber: 2.88g (11.5%), Potassium: 333.6mg (9.53%), Vitamin B1: 0.14mg (9.45%), Zinc: 1.36mg (9.04%), Vitamin A: 431.64IU (8.63%), Folate: 29.46µg (7.36%), Vitamin B3: 0.99mg (4.93%), Vitamin B5: 0.49mg (4.87%), Vitamin B12: 0.25µg (4.23%), Vitamin E: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.34%), Vitamin K: 2.53µg (2.41%), Vitamin C: 0.94mg (1.14%), Vitamin D: 0.16µg (1.09%)