



## Chocolate Dream Tart

READY IN



110 min.

SERVINGS



12

CALORIES



401 kcal

DESSERT

## Ingredients

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

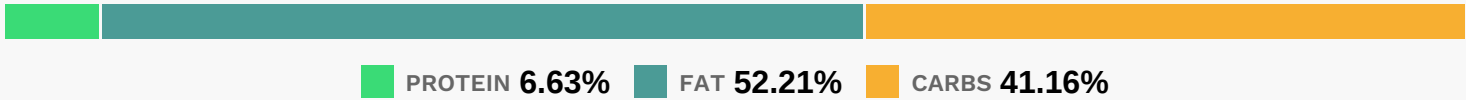
## Equipment

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

## Directions

- ☐ Heat oven to 400°F. 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 350°F. 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:16.83, Inflammation Score:-5, Nutrition Score:9.855652148309%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 401.33kcal (20.07%), Fat: 23.49g (36.14%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 38.79g (14.11%), Sugar: 28.65g (31.83%), Cholesterol: 26.97mg (8.99%), Sodium: 120.89mg (5.26%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 24.38mg (8.13%), Protein: 6.71g (13.43%), Manganese: 0.62mg (30.84%), Copper: 0.45mg (22.71%), Phosphorus: 194.95mg (19.49%), Selenium: 12.18µg (17.4%), Magnesium: 69.25mg (17.31%), Iron: 2.54mg (14.14%), Vitamin B2: 0.23mg (13.55%), Calcium: 122.68mg (12.27%), Fiber: 2.88g (11.5%), Vitamin B1: 0.14mg (9.31%), Potassium: 325.52mg (9.3%), Zinc: 1.34mg (8.9%), Vitamin A: 393.96IU (7.88%), Folate: 29.29µg (7.32%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.24µg (3.97%), Vitamin E: 0.53mg (3.56%), Vitamin B6: 0.06mg (3.22%), Vitamin K: 2.42µg (2.31%), Vitamin C: 0.94mg (1.14%)