



Chocolate Ganache Tart

READY IN



225 min.

SERVINGS



8

CALORIES



584 kcal

DESSERT

Ingredients

- 8 ounces bittersweet chocolate finely chopped
- 20 ounce cherries frozen (4 cups)
- 1.3 cups flour all-purpose
- 6 tablespoons granulated sugar
- 1 cup cup heavy whipping cream
- 0.3 teaspoon salt fine
- 4 ounces bittersweet chocolate finely chopped
- 4 tablespoons butter unsalted cut into small pieces ()
- 1 vanilla pod halved

- 0.5 cup vodka

Equipment

- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- measuring cup
- tart form

Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Combine butter, sugar, vanilla seeds, and salt in a large bowl and stir until evenly incorporated.
- Add flour and stir until just combined and a soft dough forms.
- Sprinkle dough over the bottom of a 9-inch tart pan with a removable bottom. Using a measuring cup or your fingers, evenly press the dough into the bottom and up the sides of the pan (flour the cup occasionally to prevent sticking). Cover the tart shell with plastic wrap and let it rest in the refrigerator for 30 minutes. Once chilled, prick it all over with a fork and bake until golden brown, about 20 to 25 minutes.
- Place chocolate and butter in a medium bowl; set aside.
- Combine cream, sugar, and salt in a small saucepan over medium heat and stir until sugar dissolves and liquid is just at a simmer, about 4 minutes.
- Pour cream mixture over chocolate and butter and let sit until melted, about 4 minutes. Gently stir until smooth.
- Place cherries, vodka, sugar, and reserved vanilla bean from the crust in a small saucepan over medium-high heat and stir to combine. Bring to a boil, then reduce heat to low and simmer, stirring occasionally, until cherries start to break down and syrup has thickened, about 50 minutes.
- Remove from heat and let cool.

Serve with slices of tart.

Nutrition Facts

PROTEIN 4.5% **FAT 53.53%** **CARBS 41.97%**

Properties

Glycemic Index:22.76, Glycemic Load:19.23, Inflammation Score:-7, Nutrition Score:12.239565227343%

Flavonoids

Cyanidin: 21.41mg, Cyanidin: 21.41mg, Cyanidin: 21.41mg, Cyanidin: 21.41mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg Catechin: 3.09mg, Catechin: 3.09mg, Catechin: 3.09mg, Catechin: 3.09mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 584.07kcal (29.2%), Fat: 33.16g (51.02%), Saturated Fat: 19.86g (124.15%), Carbohydrates: 58.5g (19.5%), Net Carbohydrates: 53.09g (19.3%), Sugar: 34.59g (38.43%), Cholesterol: 51.22mg (17.07%), Sodium: 86.36mg (3.75%), Alcohol: 5.01g (100%), Alcohol %: 3.26% (100%), Caffeine: 36.57mg (12.19%), Protein: 6.28g (12.55%), Manganese: 0.75mg (37.37%), Copper: 0.61mg (30.4%), Magnesium: 89.16mg (22.29%), Fiber: 5.42g (21.67%), Iron: 3.89mg (21.59%), Phosphorus: 166.23mg (16.62%), Selenium: 11.21µg (16.01%), Vitamin A: 678.88IU (13.58%), Vitamin B1: 0.19mg (12.87%), Potassium: 449.64mg (12.85%), Vitamin B2: 0.2mg (11.87%), Folate: 39.98µg (9.99%), Zinc: 1.39mg (9.28%), Vitamin B3: 1.64mg (8.2%), Vitamin C: 5.14mg (6.23%), Calcium: 59.96mg (6%), Vitamin K: 6.05µg (5.76%), Vitamin E: 0.75mg (4.99%), Vitamin B5: 0.44mg (4.38%), Vitamin D: 0.58µg (3.87%), Vitamin B6: 0.07mg (3.42%), Vitamin B12: 0.14µg (2.27%)