

Chocolate Gear Tart

READY IN

ready

45 min.

SERVINGS

servings

50

CALORIES

calories

81 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 7 ounces bittersweet chocolate chopped
- ☐ 0.5 cup butter generous
- ☐ 2 cups cake flour
- ☐ 1 ounce cocoa powder
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 1 large eggs
- ☐ 0.8 cup powdered sugar
- ☐ 1 pinch salt

Equipment

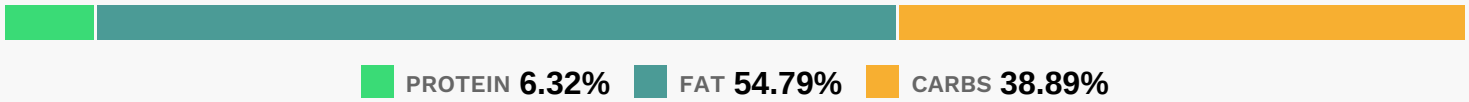
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Special equipment: Flexible tart pan: any baking supply store
- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the cream in a heavy-bottomed saucepan over medium heat and bring to a boil.
- ☐ Pour the hot cream over the chopped chocolate and use a whisk to mix. The hot cream will melt the chocolate. Continue to whisk until the ganache is smooth. Set aside and allow them to cool.
- ☐ Place the butter, salt, sugar, egg and almond flour in a medium-size mixing bowl. The almond flour will add flavor to the dough. Use an electric mixer set on medium speed to beat the mixture just until combined.
- ☐ Add the cake flour and cocoa powder and mix just until the dough is smooth and holds together, about 30 seconds.
- ☐ Remove the dough from the bowl and pat into a disk. Wrap the dough in plastic wrap and place in the refrigerator for at least 1 hour before using.

- ☐ When you are ready to use the dough, remove it from the refrigerator and give it 4 or 5 quick raps with a rolling pin. This softens the cold butter.
- ☐ Roll the dough to the desired size on a lightly floured work surface.
- ☐ Use a 2-inch plain cutter to cut the tart shells from the dough. Use a 1 1/2-inch fluted cutter to cut the "gears" for the top of each tart.
- ☐ Place each tart shell in a flexible mini-pan and use a fork to dock the dough.
- ☐ Place the gear pieces on a parchment paper lined baking sheet.
- ☐ Bake each pan of dough for 10 minutes.
- ☐ Place the ganache in a piping bag (no tip). The ganache should be slightly softer than the consistency of toothpaste. Pipe ganache into each tart. Set a gear shaped piece on end and tarts are ready to serve.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:1.556086945307%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 80.98kcal (4.05%), Fat: 5.04g (7.75%), Saturated Fat: 2.88g (18%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.34g (2.67%), Sugar: 3.36g (3.73%), Cholesterol: 12.42mg (4.14%), Sodium: 18.3mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 1.31g (2.61%), Manganese: 0.11mg (5.72%), Copper: 0.08mg (4.07%), Selenium: 2.84µg (4.05%), Magnesium: 11.45mg (2.86%), Fiber: 0.71g (2.83%), Phosphorus: 23.7mg (2.37%), Iron: 0.42mg (2.32%), Vitamin A: 110.86IU (2.22%), Zinc: 0.21mg (1.39%), Potassium: 41.1mg (1.17%), Vitamin B2: 0.02mg (1.06%)