



Chocolate & hazelnut praline tart

READY IN



60 min.

SERVINGS



10

CALORIES



548 kcal

DESSERT

Ingredients

- ☐ 140 g butter
- ☐ 100 g golden caster sugar
- ☐ 225 g flour plain
- ☐ 50 g ground almond
- ☐ 1 eggs beaten
- ☐ 85 g blanched hazelnut
- ☐ 50 g golden caster sugar
- ☐ 200 g chocolate dark 70% (cocoa)
- ☐ 100 g butter

- ☐ 1 tablespoon frangelico liqueur
- ☐ 1 eggs
- ☐ 3 egg yolks

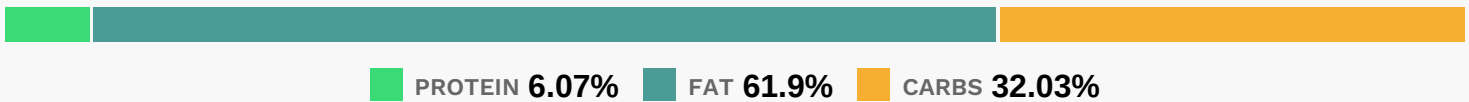
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Make the pastry. Cream together the butter and sugar, then add flour and almonds. Bring everything together with the egg. If the pastry is very soft, chill for 20 mins. If not, roll out to fit a deepish 23cm fluted flan tin; if the pastry breaks, press scraps of pastry into the gaps, leaving a slight overhang. Chill for 20 mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Line the case with baking parchment and baking beans, then bake for 10 mins.
- ☐ Remove beans and cook for another 10 mins until golden.
- ☐ Meanwhile, toast the nuts in a dry pan until starting to brown. Scatter over 4 tbsp of sugar, cook until it caramelises, then tip nuts onto a baking tray lined with parchment. Leave to cool, then roughly chop. Over a pan of barely simmering water, melt the chocolate, butter and alcohol together, then set aside to cool slightly. Over the same pan, beat the egg, yolks and remaining sugar until pale and fluffy. Take off the heat, then fold in the chocolate mix.
- ☐ When case is cooked, remove from oven and turn the heat down to 160C/fan 140C/gas
- ☐ Scatter most of the hazelnuts over the base, then tip in the chocolate mix, pressing it down slightly. Cook the tart for 15–20 mins until the chocolate has almost set. Leave to cool, then serve scattered with the remaining nuts. Can be made up to 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:14.13, Inflammation Score:-6, Nutrition Score:13.369130398916%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg

Nutrients (% of daily need)

Calories: 547.62kcal (27.38%), Fat: 38.12g (58.65%), Saturated Fat: 18.61g (116.34%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 40.25g (14.64%), Sugar: 20.61g (22.89%), Cholesterol: 143.26mg (47.75%), Sodium: 178.06mg (7.74%), Alcohol: 0.6g (100%), Alcohol %: 0.68% (100%), Caffeine: 16mg (5.33%), Protein: 8.41g (16.81%), Manganese: 1.08mg (54.15%), Copper: 0.55mg (27.47%), Iron: 4.43mg (24.58%), Selenium: 15.34µg (21.91%), Magnesium: 67.56mg (16.89%), Vitamin B1: 0.25mg (16.82%), Fiber: 4.14g (16.57%), Folate: 63.67µg (15.92%), Phosphorus: 155.39mg (15.54%), Vitamin A: 734.65IU (14.69%), Vitamin E: 2.19mg (14.63%), Vitamin B2: 0.21mg (12.54%), Vitamin B3: 1.73mg (8.63%), Zinc: 1.29mg (8.61%), Potassium: 268.61mg (7.67%), Calcium: 68.27mg (6.83%), Vitamin B5: 0.6mg (6.03%), Vitamin B6: 0.11mg (5.3%), Vitamin B12: 0.28µg (4.67%), Vitamin K: 4.48µg (4.27%), Vitamin D: 0.47µg (3.12%)