



Chocolate-Hazelnut Tart

READY IN



75 min.

SERVINGS



6

CALORIES



781 kcal

DESSERT

Ingredients

- ☐ 1 cup bittersweet chocolate chips
- ☐ 2 tablespoons butter melted
- ☐ 1 cup plus
- ☐ 3 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups hazelnuts peeled toasted chopped
- ☐ 1 pie crust frozen store bought
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

☐ 1 teaspoon vanilla extract

Equipment

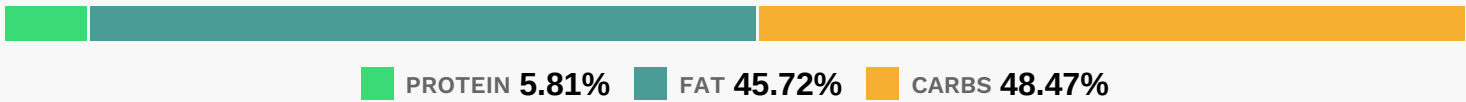
☐ bowl

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ In a large bowl, mix together the sugar and the flour.
- ☐ Add the eggs, hazelnuts, chocolate chips, corn syrup, butter, vanilla, and salt. Stir well.
- ☐ Pour the mixture into the pie crust.
- ☐ Bake for 1 hour.
- ☐ Cool the tart for at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.18, Glycemic Load:21.62, Inflammation Score:-4, Nutrition Score:18.029130355172%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Nutrients (% of daily need)

Calories: 780.83kcal (39.04%), Fat: 41.12g (63.25%), Saturated Fat: 15.44g (96.51%), Carbohydrates: 98.08g (32.69%), Net Carbohydrates: 93.25g (33.91%), Sugar: 71.99g (79.99%), Cholesterol: 92.17mg (30.72%), Sodium: 341.64mg (14.85%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 11.76g (23.52%), Manganese: 2.05mg (102.27%), Vitamin E: 5.44mg (36.28%), Copper: 0.61mg (30.67%), Vitamin B1: 0.36mg (24.21%), Fiber: 4.83g (19.3%), Phosphorus: 192.62mg (19.26%), Folate: 75.09µg (18.77%), Selenium: 12.04µg (17.2%), Magnesium: 67.88mg

(16.97%), Iron: 3.05mg (16.92%), Zinc: 2.48mg (16.53%), Calcium: 151.99mg (15.2%), Vitamin B2: 0.25mg (14.93%), Potassium: 457.45mg (13.07%), Vitamin B6: 0.26mg (13.04%), Vitamin B5: 0.97mg (9.69%), Vitamin B3: 1.79mg (8.93%), Vitamin K: 9.04µg (8.61%), Vitamin A: 244.7IU (4.89%), Vitamin B12: 0.29µg (4.8%), Vitamin D: 0.44µg (2.93%), Vitamin C: 2.04mg (2.47%)