



Chocolate Hazelnut Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



534 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 1.3 cups nutella
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 6 tablespoons honey
- ☐ 6 tablespoons butter unsalted softened

☐ 0.8 cup flour whole wheat

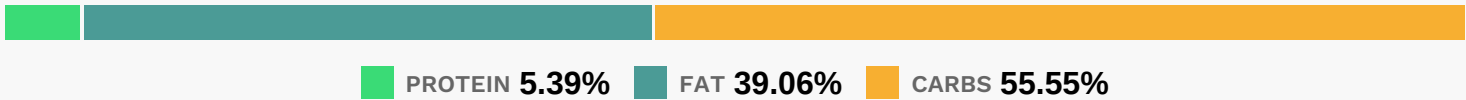
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Generously grease a 9-inch pie plate.
- ☐ In a large mixing bowl cream together butter or margarine, brown sugar, and honey.
- ☐ Add egg and blend until mixture is smooth.
- ☐ In a separate bowl combine all-purpose flour, whole wheat flour, baking powder, and baking soda.
- ☐ Mix thoroughly, then add to sugar mixture. Stir until well combined. Divide dough in half.
- ☐ With floured fingers press one half of dough into bottom of greased pie plate.
- ☐ Place pie plate in freezer and place other half of dough in refrigerator.
- ☐ After 20 minutes, remove pie plate from freezer.
- ☐ Spread chocolate hazelnut spread over frozen dough.
- ☐ Roll out remaining dough between 2 sheets of waxed paper. Fit dough on top of chocolate hazelnut layer and press firmly on edges to seal.
- ☐ Bake in preheated oven for 20 to 25 minutes until lightly browned. Cool 5 minutes, then cut into 8 slices. Allow tart to cool completely in pie plate before serving.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:27.64, Inflammation Score:-4, Nutrition Score:12.456956541085%

Nutrients (% of daily need)

Calories: 533.57kcal (26.68%), Fat: 23.47g (36.11%), Saturated Fat: 18.96g (118.52%), Carbohydrates: 75.1g (25.03%), Net Carbohydrates: 70.7g (25.71%), Sugar: 45.05g (50.05%), Cholesterol: 43.03mg (14.35%), Sodium: 139.58mg (6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.28mg (1.09%), Protein: 7.28g (14.56%), Manganese: 1.04mg (52.16%), Selenium: 18.59µg (26.56%), Iron: 3.8mg (21.11%), Vitamin B1: 0.28mg (18.87%), Vitamin E: 2.72mg (18.14%), Fiber: 4.4g (17.6%), Phosphorus: 159.26mg (15.93%), Copper: 0.31mg (15.71%), Vitamin B2: 0.25mg (14.63%), Folate: 57.69µg (14.42%), Magnesium: 52.47mg (13.12%), Vitamin B3: 2.18mg (10.88%), Calcium: 92.25mg (9.23%), Potassium: 284.22mg (8.12%), Zinc: 1.07mg (7.14%), Vitamin A: 294.51IU (5.89%), Vitamin B6: 0.11mg (5.54%), Vitamin B5: 0.45mg (4.53%), Vitamin B12: 0.19µg (3.22%), Vitamin K: 1.93µg (1.83%), Vitamin D: 0.27µg (1.78%)