



Chocolate Hazelnut Tart

READY IN



45 min.

SERVINGS



10

CALORIES



532 kcal

Ingredients

- ☐ 10.5 oz fine-quality bittersweet chocolate unsweetened finely chopped (not)
- ☐ 0.5 cup chocolate-hazelnut spread such as nutella
- ☐ 1.5 cups graham cracker crumbs
- ☐ 4.8 oz hazelnuts coarsely chopped
- ☐ 1 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted melted

Equipment

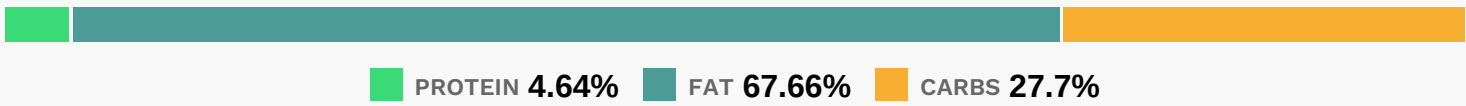
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ springform pan

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 350°F. Invert bottom of springform pan (so that turned-up edge is underneath for easier removal of tart) and close side of pan onto bottom.
- ☐ Stir together crumbs, butter, and 1/8 teaspoon salt in a bowl, then press onto bottom of springform pan.
- ☐ Bake crust in lower third of oven 7 minutes, then cool crust in springform pan on a rack.
- ☐ While crust bakes, toast hazelnuts in a shallow baking pan in upper third of oven, stirring once, until golden, about 7 minutes.
- ☐ Transfer to a plate and cool to room temperature.
- ☐ Bring cream to a boil in a 1- to 2-quart saucepan, then pour over chocolate in a heatproof bowl, whisking until chocolate is melted and smooth.
- ☐ Whisk in chocolate-hazelnut spread until combined, then whisk in nuts and remaining 1/8 teaspoon salt.
- ☐ Pour filling onto cooled crust and put in freezer until just set, about 25 minutes. (Tart should not be frozen.)
- ☐ Remove side of pan before serving tart.
- ☐ Tart can be made 4 days ahead and chilled in pan, covered.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:9.44, Inflammation Score:-6, Nutrition Score:13.164782524109%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg

Nutrients (% of daily need)

Calories: 532.34kcal (26.62%), Fat: 40.71g (62.63%), Saturated Fat: 21.4g (133.78%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 32.57g (11.84%), Sugar: 23.21g (25.79%), Cholesterol: 46.74mg (15.58%), Sodium: 157.65mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.65mg (8.88%), Protein: 6.28g (12.56%), Manganese: 1.36mg (67.84%), Copper: 0.68mg (34.06%), Magnesium: 93.21mg (23.3%), Vitamin E: 3.35mg (22.36%), Iron: 3.72mg (20.65%), Fiber: 4.93g (19.7%), Phosphorus: 180.52mg (18.05%), Vitamin A: 577.8IU (11.56%), Zinc: 1.59mg (10.58%), Potassium: 368.34mg (10.52%), Vitamin B1: 0.14mg (9.52%), Vitamin B2: 0.13mg (7.83%), Calcium: 77.72mg (7.77%), Folate: 24.32µg (6.08%), Vitamin B6: 0.12mg (5.97%), Selenium: 4.16µg (5.95%), Vitamin K: 5.69µg (5.42%), Vitamin B3: 1.05mg (5.25%), Vitamin D: 0.51µg (3.38%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.15µg (2.44%), Vitamin C: 0.99mg (1.2%)