



Chocolate Honey Almond Tart

READY IN



342 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 9 chocolate graham crackers
- ☐ 0.8 cup heavy cream
- ☐ 0.3 cup honey
- ☐ 12 ounces semi chocolate chips
- ☐ 2 tablespoons slivered almonds
- ☐ 2 ounces butter unsalted for coating the pan cut into 1/2-inch pieces, at room temperature, plus extra

Equipment

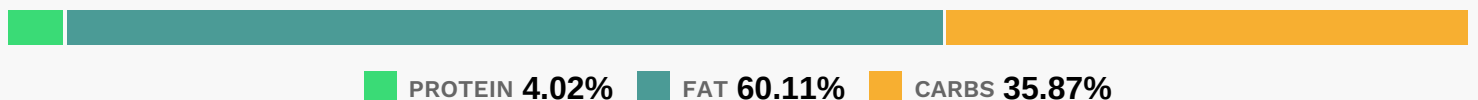
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Butter the bottom and sides of a 9-inch springform pan.
- ☐ Place the graham crackers and almonds in the bowl of a food processor. Process until the mixture forms fine crumbs, about 15 to 20 seconds.
- ☐ Add the butter and pulse until incorporated. Press the crumb mixture into the bottom of the prepared pan.
- ☐ Bake for 12 minutes. Cool to room temperature, about 20 minutes.
- ☐ In a small saucepan, whisk the cream and honey together over low heat until the honey has dissolved. Increase the heat to medium and bring the mixture to just below a boil.
- ☐ Place the chocolate chips in a medium bowl.
- ☐ Pour the hot cream over the chocolate and stir until the mixture is smooth.
- ☐ Pour the chocolate filling over the prepared crust. Refrigerate for at least 5 hours or preferably overnight.
- ☐ Loosen the tart from the sides of the pan by running a thin metal spatula around the edge. Unmold the tart and transfer to a serving plate.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:17.03, Glycemic Load:13.06, Inflammation Score:-6, Nutrition Score:9.623043546858%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 486.35kcal (24.32%), Fat: 32.92g (50.64%), Saturated Fat: 18.48g (115.51%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 39.93g (14.52%), Sugar: 28.7g (31.88%), Cholesterol: 43mg (14.33%), Sodium: 115.3mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 4.96g (9.92%), Manganese: 0.63mg (31.48%), Copper: 0.57mg (28.43%), Magnesium: 92.8mg (23.2%), Iron: 3.5mg (19.44%), Fiber: 4.27g (17.08%), Phosphorus: 169.47mg (16.95%), Zinc: 1.59mg (10.62%), Vitamin A: 526.39IU (10.53%), Potassium: 315.72mg (9.02%), Vitamin E: 1.26mg (8.4%), Vitamin B2: 0.14mg (7.97%), Selenium: 4.5µg (6.43%), Calcium: 62.6mg (6.26%), Vitamin B3: 1.07mg (5.36%), Vitamin K: 4.27µg (4.07%), Vitamin B1: 0.06mg (3.96%), Vitamin D: 0.46µg (3.09%), Folate: 9.66µg (2.42%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.12µg (2.07%)