



Chocolate-Honey Tart

READY IN



45 min.

SERVINGS



12

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 5 ounces chocolate graham crackers whole
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons lavender blossoms dried
- ☐ 12 ounces semi chocolate chips
- ☐ 4 tablespoons butter unsalted divided room temperature
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 cup whipping cream

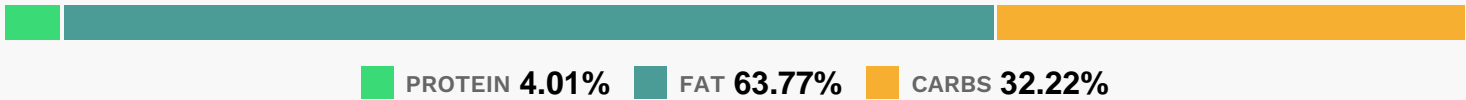
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch diameter tart pan with removable bottom with nonstick spray. Grind graham crackers with 3 tablespoons butter and honey in processor until fine crumbs form. Press crumbs evenly onto bottom (not up sides) of prepared tart pan.
- ☐ Bake until set, about 10 minutes. Cool.
- ☐ Bring cream and lavender just to boil in small saucepan. Reduce heat to low and simmer 5 minutes.
- ☐ Place chocolate in medium saucepan. Strain hot cream mixture into saucepan with chocolate. Stir over medium-low heat just until melted and smooth.
- ☐ Add cocoa powder and remaining 1 tablespoon butter; stir until melted and smooth.
- ☐ Pour chocolate mixture over crust in tart pan. Chill at least 45 minutes (chocolate will be slightly soft after 45 minutes and firm after 2 hours).
- ☐ Cut into wedges and serve. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- ☐ Let stand at room temperature 1 hour before serving.
- ☐ * Also called culinary lavender buds;available at many natural foods stores and some farmers' markets and from
- ☐ Dean and Deluca

Nutrition Facts



Properties

Glycemic Index:10.52, Glycemic Load:7.12, Inflammation Score:-4, Nutrition Score:6.338695620713%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 321.8kcal (16.09%), Fat: 23.05g (35.47%), Saturated Fat: 13.42g (83.89%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 23.38g (8.5%), Sugar: 15.15g (16.83%), Cholesterol: 34.15mg (11.38%), Sodium: 86.7mg (3.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.34mg (8.45%), Protein: 3.26g (6.52%), Manganese: 0.39mg (19.67%), Copper: 0.38mg (18.83%), Magnesium: 60.46mg (15.12%), Iron: 2.38mg (13.23%), Phosphorus: 113.32mg (11.33%), Fiber: 2.83g (11.31%), Vitamin A: 424.84IU (8.5%), Zinc: 1.06mg (7.1%), Potassium: 208.85mg (5.97%), Vitamin B2: 0.08mg (4.87%), Selenium: 3.1µg (4.42%), Calcium: 43.59mg (4.36%), Vitamin B3: 0.71mg (3.55%), Vitamin E: 0.46mg (3.06%), Vitamin K: 3.01µg (2.87%), Vitamin B1: 0.04mg (2.7%), Vitamin D: 0.39µg (2.58%), Folate: 6.54µg (1.63%), Vitamin B12: 0.09µg (1.51%), Vitamin B6: 0.03mg (1.47%), Vitamin B5: 0.14mg (1.43%)