



Chocolate Mousse Macadamia Tart

READY IN



150 min.

SERVINGS



12

CALORIES



382 kcal

DESSERT

Ingredients

- ☐ 5 oz bittersweet chocolate melted (from 6-oz bar)
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons plus light
- ☐ 3 oz cream cheese softened
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup macadamia nuts toasted coarsely chopped
- ☐ 1 tablespoon powdered sugar
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 teaspoon vanilla

- ☐ 0.5 teaspoon vegetable oil
- ☐ 0.5 cup whipping cream

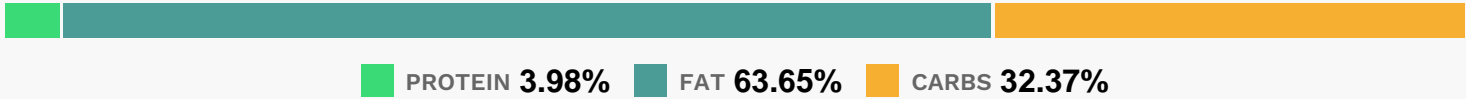
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave
- ☐ tart form

Directions

- ☐ Heat oven to 450°F.
- ☐ Bake pie crust as directed on box for One-Crust
- ☐ Baked Shell, using 10-inch tart pan with removable bottom or 9-inch glass pie plate. Cool completely on cooling rack, about 15 minutes.
- ☐ In small bowl, microwave 1 oz chocolate and the oil uncovered on High 20 to 30 seconds, stirring every 10 seconds, until melted.
- ☐ Spread in bottom of crust.
- ☐ In 1-quart saucepan, mix granulated sugar and corn syrup; cook over medium heat 4 to 6 minutes (do not stir). Stir in butter, 1/3 cup whipping cream and 1 cup macadamia nuts. Cook 4 to 5 minutes, stirring frequently, until hot. Carefully spread in crust. Freeze until set, about 20 minutes.
- ☐ Meanwhile in large bowl, beat 1 cup powdered sugar, the cream cheese and vanilla with electric mixer on high speed until smooth.
- ☐ Add melted chocolate; beat until smooth. Gradually add 1 1/2 cups whipping cream, beating until soft peaks form.
- ☐ Spread chocolate filling over nut filling. Refrigerate until filling is set, 2 to 3 hours.
- ☐ In medium bowl, beat topping ingredients with electric mixer on high speed until stiff peaks form. Spoon over chocolate filling. Top with toasted macadamia nuts.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:3.57, Inflammation Score:-4, Nutrition Score:5.9034783380187%

Nutrients (% of daily need)

Calories: 382.22kcal (19.11%), Fat: 27.34g (42.06%), Saturated Fat: 10.57g (66.03%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 29.19g (10.61%), Sugar: 12.7g (14.11%), Cholesterol: 19.07mg (6.36%), Sodium: 224.43mg (9.76%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Caffeine: 10.16mg (3.39%), Protein: 3.85g (7.69%), Manganese: 0.46mg (22.94%), Copper: 0.2mg (10.17%), Iron: 1.77mg (9.84%), Vitamin B1: 0.15mg (9.76%), Vitamin A: 472.75IU (9.45%), Fiber: 2.1g (8.39%), Magnesium: 32.2mg (8.05%), Phosphorus: 76.5mg (7.65%), Vitamin B2: 0.11mg (6.28%), Folate: 24.84µg (6.21%), Selenium: 3.99µg (5.7%), Vitamin B3: 1.11mg (5.53%), Vitamin E: 0.61mg (4.04%), Zinc: 0.59mg (3.92%), Vitamin K: 4.09µg (3.9%), Potassium: 134.69mg (3.85%), Calcium: 32.67mg (3.27%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.04mg (1.95%), Vitamin D: 0.16µg (1.06%)