



Chocolate-Nut Tart with Dried Fruit

READY IN



180 min.

SERVINGS



12

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 12 ounces bittersweet chocolate chips
- ☐ 1 pinch of coarse kosher salt
- ☐ 1 cup fruit dried assorted (such as cherries, golden raisins, cranberries, and blueberries)
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 cup nuts assorted toasted sliced coarsely chopped (such as pecans, almonds, pistachios, and hazelnuts)
- ☐ 0.3 cup raspberry preserves
- ☐ 1 pie crust refrigerated
- ☐ 0.3 cup toffee bits such as skor(for garnish)

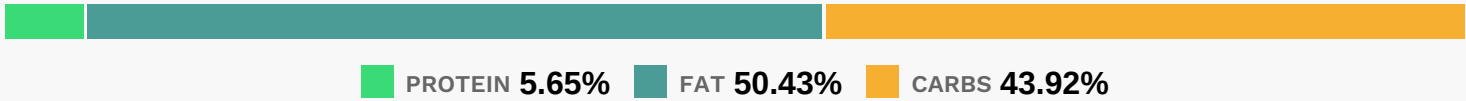
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Press pie crust onto bottom and up sides of 10-inch-diameter tart pan with removable bottom; trim edges, if needed. Pierce crust all over with fork.
- ☐ Bake until deep golden brown, about 12 minutes. Cool.
- ☐ Spread preserves over bottom of crust.
- ☐ Bring cream to simmer in heavy medium saucepan. Reduce heat to low; add chocolate chips and stir until melted and smooth.
- ☐ Remove from heat. Stir in nuts, fruit, and coarse salt.
- ☐ Spread chocolate mixture in crust.
- ☐ Sprinkle toffee bits over tart. Chill until set, about 2 hours.
- ☐ Serve cold or at room temperature.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:10.05, Inflammation Score:-3, Nutrition Score:7.359130444734%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 388.92kcal (19.45%), Fat: 22.21g (34.17%), Saturated Fat: 13.32g (83.25%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 40.58g (14.76%), Sugar: 25.05g (27.83%), Cholesterol: 18.32mg (6.11%), Sodium: 106.85mg (4.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin E: 2.65mg (17.66%), Manganese: 0.32mg (15.89%), Calcium: 125.82mg (12.58%), Vitamin B2: 0.21mg (12.56%), Fiber: 2.95g (11.8%), Phosphorus: 105.89mg (10.59%), Potassium: 357.76mg (10.22%), Copper: 0.19mg (9.69%), Magnesium: 38.5mg (9.63%), Zinc: 1.38mg (9.19%), Iron: 1.28mg (7.12%), Vitamin B1: 0.09mg (5.84%), Vitamin B3: 1.1mg (5.52%), Folate: 20.91µg (5.23%), Vitamin B6: 0.1mg (4.95%), Selenium: 3.17µg (4.53%), Vitamin A: 224.54IU (4.49%), Vitamin K: 4.14µg (3.94%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.1µg (1.71%), Vitamin C: 1.22mg (1.48%), Vitamin D: 0.16µg (1.06%)