



WHATSheATE



Chocolate & pecan tart



Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



826 kcal

DESSERT

Ingredients

- ☐ 375 g pastry crust
- ☐ 185 g chocolate dark
- ☐ 50 g butter salted
- ☐ 4 eggs beaten
- ☐ 200 ml maple syrup
- ☐ 200 g pecans whole

Equipment

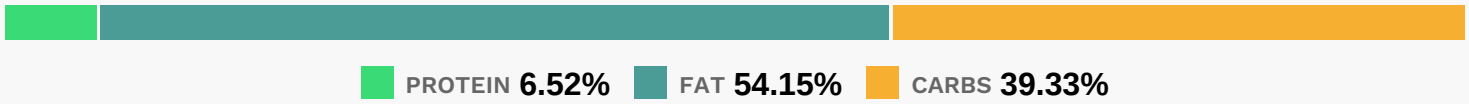
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Roll the pastry out on a lightly floured surface and use to line a 20cm loose-bottomed tart tin. Fill the tart with baking paper and baking beans, bake for 25 mins, then remove the baking paper and beans. Continue to cook for 10 mins more until golden.
- ☐ Remove from the oven and cool.
- ☐ Melt the chocolate and butter together in a large bowl over a pan of simmering water.
- ☐ Whisk the eggs and maple syrup together, then stir into the chocolate with most of the nuts.
- ☐ Pour into the tart shell, top with the remaining nuts and bake for 30–40 mins until set. Cool and serve with vanilla ice cream or double cream.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:25.83, Inflammation Score:-7, Nutrition Score:24.31130428677%

Flavonoids

Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epigallocatechin: 1.88mg, Epigallocatechin: 1.88mg, Epigallocatechin: 1.88mg, Epigallocatechin: 1.88mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg

Nutrients (% of daily need)

Calories: 825.78kcal (41.29%), Fat: 50.44g (77.6%), Saturated Fat: 15.73g (98.32%), Carbohydrates: 82.45g (27.48%), Net Carbohydrates: 74.7g (27.16%), Sugar: 36.13g (40.14%), Cholesterol: 127.96mg (42.65%), Sodium: 407.36mg (17.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.67mg (8.22%), Protein: 13.66g (27.33%), Manganese: 3.45mg (172.49%), Vitamin B2: 0.99mg (58.44%), Copper: 1.03mg (51.44%), Vitamin B1: 0.61mg

(40.71%), Iron: 7.08mg (39.35%), Selenium: 27.01µg (38.59%), Magnesium: 133.22mg (33.31%), Fiber: 7.75g (30.99%), Phosphorus: 294.26mg (29.43%), Zinc: 3.54mg (23.6%), Folate: 76.37µg (19.09%), Vitamin B3: 3.32mg (16.61%), Potassium: 547.93mg (15.66%), Calcium: 120.59mg (12.06%), Vitamin B5: 1.06mg (10.64%), Vitamin E: 1.2mg (8%), Vitamin A: 397.34IU (7.95%), Vitamin B6: 0.15mg (7.53%), Vitamin B12: 0.36µg (6.03%), Vitamin K: 5.65µg (5.38%), Vitamin D: 0.59µg (3.91%)