



Chocolate, raspberry & rose tart

READY IN



35 min.

SERVINGS



15

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 200 g bourbon
- ☐ 85 g biscuits
- ☐ 140 g butter salted melted
- ☐ 75 g brown sugar
- ☐ 3 cubes turkish bay leaf diced
- ☐ 400 ml double cream
- ☐ 200 g chocolate dark
- ☐ 200 g chocolate
- ☐ 140 g raspberries plus a handful more to decorate

- ☐ 400 g crème fraîche
- ☐ 2 tbsp powdered sugar
- ☐ 2 tsp rosewater

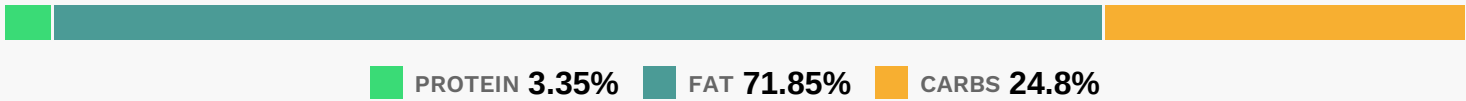
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Double-bag the bourbon biscuits in food bags and bash to crumbs with a rolling pin. Repeat with the amaretti. Stir into the melted butter with the sugar. Lightly grease and line the base and sides of an 18 x 28cm rectangular loose-bottomed tart tin with baking parchment (or use a 22-23cm round tin). Press the biscuit mixture into the base and chill for 30 mins while you make the filling.
- ☐ For the filling, put the cream and all the chocolate chunks in a heatproof bowl over a pan of barely simmering water. Gently melt, stirring very occasionally, until smooth and silky. Dot the raspberries over the base, pour over the chocolate and chill for at least 5 hrs until firm, or overnight.
- ☐ To serve, remove from the fridge and, after 15 mins, lift from the tin, peel off the parchment and place on a serving plate. Scatter with a few more raspberries and the diced Turkish delight. Spoon the crme frache into a serving bowl, sift in the icing sugar and stir together with the rose water.
- ☐ Cut the tart into squares and serve with the rose crme frache.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:6.06, Inflammation Score:-6, Nutrition Score:7.5547827223073%

Flavonoids

Cyanidin: 4.27mg, Cyanidin: 4.27mg, Cyanidin: 4.27mg, Cyanidin: 4.27mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 438.37kcal (21.92%), Fat: 33.68g (51.82%), Saturated Fat: 19.75g (123.44%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 23.23g (8.45%), Sugar: 18.26g (20.29%), Cholesterol: 66.57mg (22.19%), Sodium: 135.4mg (5.89%), Alcohol: 4.45g (100%), Alcohol %: 4.52% (100%), Caffeine: 19.47mg (6.49%), Protein: 3.54g (7.07%), Manganese: 0.44mg (21.78%), Copper: 0.34mg (16.95%), Vitamin A: 814.48IU (16.29%), Magnesium: 53.9mg (13.48%), Iron: 2.38mg (13.23%), Phosphorus: 126.76mg (12.68%), Fiber: 2.92g (11.68%), Vitamin B2: 0.16mg (9.56%), Calcium: 70.75mg (7.08%), Potassium: 229.84mg (6.57%), Selenium: 4.32µg (6.17%), Zinc: 0.88mg (5.89%), Vitamin E: 0.83mg (5.56%), Vitamin K: 4.69µg (4.46%), Vitamin C: 2.94mg (3.56%), Vitamin B1: 0.05mg (3.09%), Vitamin B5: 0.29mg (2.88%), Vitamin D: 0.43µg (2.86%), Vitamin B12: 0.16µg (2.67%), Vitamin B3: 0.53mg (2.66%), Folate: 9.69µg (2.42%), Vitamin B6: 0.04mg (2.24%)