



Chocolate-Raspberry Tart

READY IN



60 min.

SERVINGS



9

CALORIES



527 kcal

DESSERT

Ingredients

- 8 ounces chocolate wafers such as nabisco famous
- 2 tablespoons sugar
- 1 serving coarse salt
- 6 tablespoons butter unsalted melted ()
- 12 ounces semi chocolate chips
- 1.3 cups cup heavy whipping cream
- 6 ounces raspberries fresh

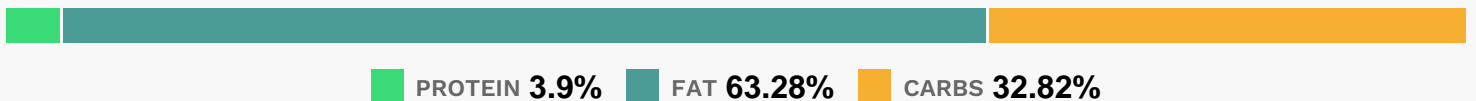
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- tart form

Directions

- Preheat oven to 350 degrees. In a food processor, combine cookies, sugar, and 1/2 teaspoon salt. Process until very fine crumbs form.
- Add butter and pulse until mixture just comes together. Press crumbs firmly into a 9-inch fluted tart pan with a removable bottom.
- Place on a baking sheet and bake until crust is dry and set, 20 minutes.
- Let cool.
- In a large bowl, combine chocolate and pinch of salt. In a small saucepan, bring cream to a bare simmer over medium-high. Immediately pour cream over chocolate and let stand 1 minute. Stir gently until chocolate melts and mixture is completely smooth.
- Pour chocolate into cooled tart shell and refrigerate until set, 30 minutes. To serve, remove tart from pan and scatter raspberries on top.

Nutrition Facts



Properties

Glycemic Index:16.18, Glycemic Load:10.77, Inflammation Score:-6, Nutrition Score:11.052173884019%

Flavonoids

Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg

0.02mg, Peonidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg
Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate:
0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin:
0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 527.38kcal (26.37%), Fat: 37.69g (57.99%), Saturated Fat: 21.8g (136.23%), Carbohydrates: 43.98g
(14.66%), Net Carbohydrates: 38.87g (14.14%), Sugar: 27.77g (30.85%), Cholesterol: 60.19mg (20.06%), Sodium:
181.64mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 35.03mg (11.68%), Protein: 5.22g (10.44%),
Manganese: 0.8mg (40.19%), Copper: 0.61mg (30.54%), Magnesium: 86.54mg (21.64%), Fiber: 5.11g (20.44%), Iron:
3.57mg (19.81%), Phosphorus: 158.43mg (15.84%), Vitamin A: 747.32IU (14.95%), Zinc: 1.44mg (9.63%), Potassium:
329.48mg (9.41%), Vitamin B2: 0.16mg (9.33%), Selenium: 5.75µg (8.21%), Vitamin E: 1.09mg (7.26%), Vitamin C:
5.15mg (6.24%), Vitamin K: 6.51µg (6.2%), Calcium: 60.07mg (6.01%), Vitamin B3: 1.18mg (5.88%), Vitamin B1:
0.08mg (5.09%), Vitamin D: 0.67µg (4.46%), Folate: 17.42µg (4.35%), Vitamin B5: 0.37mg (3.66%), Vitamin B12:
0.16µg (2.66%), Vitamin B6: 0.05mg (2.4%)