



Chocolate Raspberry Tart with White Chocolate Cream

READY IN



45 min.

SERVINGS



12

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple jelly
- ☐ 3 ounces baker's chocolate white chopped
- ☐ 1 ounce bittersweet chocolate chopped
- ☐ 1 large egg whites
- ☐ 2 large egg yolk
- ☐ 1 cup skim milk fat-free
- ☐ 1 envelope gelatin powder unflavored
- ☐ 6 graham crackers

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 cups raspberries fresh ()
- ☐ 1 Dash salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 1 cup non-dairy whipped topping light frozen thawed reduced-calorie (such as Cool Whip)

Equipment

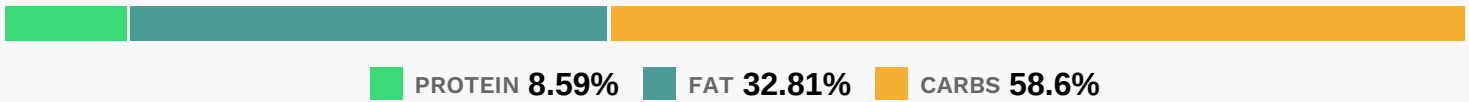
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ spatula
- ☐ springform pan
- ☐ tart form

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, place first 5 ingredients in a food processor; process until fine crumbs form.
- ☐ Place 1 egg white in a small bowl; beat with a fork until frothy.
- ☐ Add 3 tablespoons of the beaten egg white through food chute with food processor on; process just until combined. Discard any remaining egg white. Press the crumb mixture into a 9-inch round removable-bottom tart pan or a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 7 minutes. Cool completely on a wire rack.

- ☐ To prepare the filling, combine milk, 2 tablespoons sugar, and egg yolks in a small saucepan.
- ☐ Sprinkle gelatin evenly over milk mixture.
- ☐ Let stand 5 minutes. Cook over medium heat 5 minutes or until gelatin dissolves and mixture begins to thicken, stirring constantly.
- ☐ Remove from heat; add white chocolate, stirring until chocolate melts and mixture is smooth. Scrape white chocolate mixture into a medium bowl.
- ☐ Place bowl in a larger ice-filled bowl until mixture cools and thickens (about 4 minutes), stirring constantly (do not allow gelatin mixture to set). Gently stir 1/4 cup whipped topping into white chocolate mixture; gently fold in remaining 3/4 cup whipped topping.
- ☐ Scrape into prepared crust using a rubber spatula; spread evenly to edge of crust. Cover pan with plastic wrap; chill at least 1 hour.
- ☐ To prepare topping, place raspberries in a large bowl.
- ☐ Remove plastic wrap from tart pan; remove sides of tart pan.
- ☐ Heat jelly in a small saucepan until melted, stirring constantly.
- ☐ Remove from heat; stir in juice.
- ☐ Drizzle jelly mixture over raspberries; toss gently to coat. Spoon raspberry mixture evenly over filling. Refrigerate, uncovered, 15 minutes.
- ☐ Garnish with chocolate curls and mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:27.37, Glycemic Load:12.04, Inflammation Score:-4, Nutrition Score:7.7843478347944%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 5.14mg, Catechin: 5.14mg, Catechin: 5.14mg, Catechin: 5.14mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 11.62mg, Epicatechin: 11.62mg, Epicatechin: 11.62mg, Epicatechin: 11.62mg Epigallocatechin 3-gallate:

0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 184.51kcal (9.23%), Fat: 7.2g (11.07%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 24.53g (8.92%), Sugar: 16.75g (18.61%), Cholesterol: 31.48mg (10.49%), Sodium: 76.23mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.89mg (2.63%), Protein: 4.24g (8.48%), Manganese: 0.61mg (30.34%), Fiber: 4.39g (17.58%), Copper: 0.33mg (16.55%), Vitamin C: 12.21mg (14.8%), Iron: 2.12mg (11.8%), Magnesium: 44.78mg (11.2%), Phosphorus: 101.8mg (10.18%), Zinc: 1.23mg (8.19%), Vitamin B2: 0.11mg (6.63%), Calcium: 62.76mg (6.28%), Potassium: 206.61mg (5.9%), Selenium: 4.09µg (5.85%), Folate: 20.46µg (5.11%), Vitamin B1: 0.06mg (4.03%), Vitamin K: 4.2µg (4%), Vitamin E: 0.51mg (3.42%), Vitamin B3: 0.66mg (3.31%), Vitamin B12: 0.19µg (3.21%), Vitamin B5: 0.32mg (3.19%), Vitamin B6: 0.06mg (2.92%), Vitamin D: 0.38µg (2.52%), Vitamin A: 101.59IU (2.03%)