



food  
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## Chocolate Ricotta Pie

READY IN



115 min.

SERVINGS



12

CALORIES



427 kcal

DESSERT

### Ingredients

- 2 tablespoons cornmeal
- 0.3 cup cream cheese at room temperature
- 1 large eggs
- 3 large egg yolks
- 1.5 cups flour all-purpose
- 0.3 cup hazelnuts toasted chopped
- 0.8 cup ricotta cheese
- 1 pinch salt
- 1.3 cups semi chocolate chips

- 0.5 cup skinned toasted
- 0.3 cup sugar
- 0.8 cup sugar
- 1 stick butter unsalted cooled melted
- 0.5 cup water

## Equipment

- food processor
- bowl
- sauce pan
- oven
- double boiler
- aluminum foil
- tart form

## Directions

- For the crust: In the bowl of a food processor combine the flour, 1/4 cup sugar, cornmeal, salt, and 1/2 cup toasted hazelnuts, and pulse to grind.
- Add the butter and pulse, just until the mixture forms a dough. Press the dough over the bottom and about 2 inches up the sides of an 11-inch diameter tart pan with a removable bottom. Refrigerate until the dough is firm, about 30 minutes.
- Preheat the oven to 350 degrees F.
- Line the tart dough with aluminum foil and fill with pie weights or dried beans.
- Bake the tart shell in the lower third of the oven until just set, about 25 minutes. Carefully remove the foil and pie weights.
- Bake the shell again until golden, about 10 minutes longer.
- Remove from the oven and cool completely.
- Add the chocolate to a double boiler, over very softly simmering water and heat until melted.
- Combine the water with the sugar in a small saucepan over low heat. Stir to dissolve sugar.
- Remove from heat and cool.

- Add the ricotta cheese and cream cheese in a food processor and pulse until smooth.
- Add the egg and egg yolks, 1 at a time, and process until smooth.
- Add the melted chocolate and the sugar syrup and pulse until combined.
- Pour the custard into the tart shell and bake until the custard is just set, about 30 minutes. Scatter the remaining 1/4 cup of chopped hazelnuts on top of the filling.
- Let the tart cool completely before serving.
- The tart can be wrapped in plastic and refrigerated for up to 3 days. Return the tart to room temperature before serving.

## Nutrition Facts



**PROTEIN 6.97%** **FAT 53.78%** **CARBS 39.25%**

### Properties

Glycemic Index:30.64, Glycemic Load:21.29, Inflammation Score:-5, Nutrition Score:10.681304457395%

### Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

### Nutrients (% of daily need)

Calories: 426.54kcal (21.33%), Fat: 25.87g (39.8%), Saturated Fat: 12.72g (79.47%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 39.58g (14.39%), Sugar: 24.69g (27.44%), Cholesterol: 97.12mg (32.37%), Sodium: 48.08mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.2mg (5.73%), Protein: 7.54g (15.08%), Manganese: 0.85mg (42.58%), Copper: 0.42mg (21%), Selenium: 13.9µg (19.86%), Phosphorus: 152.7mg (15.27%), Iron: 2.66mg (14.76%), Magnesium: 55.92mg (13.98%), Vitamin B1: 0.2mg (13.02%), Folate: 48.51µg (12.13%), Fiber: 2.91g (11.62%), Vitamin E: 1.7mg (11.34%), Vitamin B2: 0.19mg (11.15%), Vitamin A: 484.27IU (9.69%), Zinc: 1.25mg (8.33%), Calcium: 72.14mg (7.21%), Vitamin B3: 1.3mg (6.48%), Potassium: 224.06mg (6.4%), Vitamin B6: 0.1mg (4.91%), Vitamin B5: 0.48mg (4.77%), Vitamin B12: 0.24µg (3.98%), Vitamin K: 3.56µg (3.39%), Vitamin D: 0.49µg (3.23%)