



Chocolate-Ricotta Pie

READY IN



190 min.

SERVINGS



12

CALORIES



391 kcal

DESSERT

Ingredients

- 2 tablespoons cornmeal
- 3 ounces cream cheese at room temperature
- 1 large eggs
- 3 large egg yolks
- 1.5 cups flour all-purpose
- 0.8 cup pinenuts toasted (8 ounces in total)
- 0.8 cup ricotta cheese
- 1 pinch salt
- 1.3 cups semi chocolate chips

- 0.3 cup sugar
- 4 ounces butter unsalted cooled melted
- 0.5 cup water

Equipment

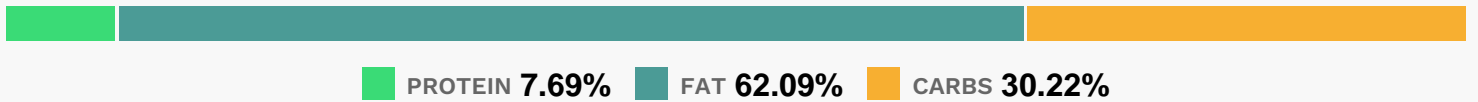
- food processor
- sauce pan
- oven
- double boiler
- aluminum foil
- tart form

Directions

- Watch how to make this recipe.
- Blend the flour, cornmeal, 3/4 cup pine nuts, 1/4 cup sugar, and salt in a food processor until finely ground.
- Add the butter and pulse, just until the dough forms. 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 until golden, about 10 minutes longer. Cool completely.
- Combine the remaining 3/4 cup of sugar with 1/2 cup water in a small saucepan. Bring to a boil, stirring until the sugar dissolves. Cool the sugar syrup slightly.
- In a double boiler, melt the chocolate over very softly simmering water.
- Pulse the ricotta cheese and cream cheese in a food processor until smooth.
- Add the egg and egg yolks, 1 at a time, and process until smooth.

- Add the melted chocolate and process until combined. With the machine running, add the sugar syrup in a thin steady stream and process until smooth.
- Pour the custard into the tart shell and bake until the filling is almost set, about 30 minutes or until the custard has set. Scatter the remaining 3/4 cup toasted pine nuts 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



Properties

Glycemic Index:22.3, Glycemic Load:12.49, Inflammation Score:-5, Nutrition Score:11.406521696759%

Nutrients (% of daily need)

Calories: 391.08kcal (19.55%), Fat: 27.33g (42.05%), Saturated Fat: 12.97g (81.06%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 27.44g (9.98%), Sugar: 12.22g (13.58%), Cholesterol: 97.98mg (32.66%), Sodium: 50.58mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.2mg (5.73%), Protein: 7.62g (15.24%), Manganese: 1.13mg (56.53%), Copper: 0.4mg (20.08%), Selenium: 13.77µg (19.67%), Phosphorus: 180.31mg (18.03%), Magnesium: 64.94mg (16.24%), Iron: 2.77mg (15.36%), Vitamin B1: 0.18mg (11.87%), Vitamin B2: 0.2mg (11.75%), Zinc: 1.61mg (10.75%), Folate: 42.97µg (10.74%), Fiber: 2.49g (9.96%), Vitamin A: 496.54IU (9.93%), Vitamin E: 1.37mg (9.14%), Vitamin B3: 1.53mg (7.66%), Vitamin K: 7.06µg (6.72%), Calcium: 65.58mg (6.56%), Potassium: 224.22mg (6.41%), Vitamin B5: 0.44mg (4.4%), Vitamin B12: 0.24µg (4.01%), Vitamin D: 0.49µg (3.24%), Vitamin B6: 0.06mg (3.22%)