



Chocolate Tart with Candied Clementine Peel

READY IN



360 min.

SERVINGS



10

CALORIES



640 kcal

DESSERT

Ingredients

- ☐ 1.3 cups grands flaky refrigerator biscuits whole-wheat finely
- ☐ 10.5 ounces bittersweet chocolate unsweetened finely chopped (not)
- ☐ 10 servings candied orange peel
- ☐ 2 large egg yolk
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 2 tablespoons sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 10 servings vegetable oil for greasing pan

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ tart form

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Lightly oil tart pan.
- ☐ Stir together biscuit crumbs, sugar, and butter in a bowl, then press crumb mixture evenly onto bottom of tart pan.
- ☐ Bake crust 10 minutes, then cool completely in pan on a rack.
- ☐ Lightly beat yolks in a small bowl. Bring cream to a simmer in a 2-quart heavy saucepan and remove from heat.
- ☐ Add about one third of hot cream to yolks in a slow stream, whisking constantly, then pour yolk mixture into remaining cream, whisking.
- ☐ Cook custard over moderately low heat, stirring constantly with a wooden spoon, until it is thick enough to coat back of spoon and registers 170°F on thermometer, 1 to 2 minutes (do not let boil).
- ☐ Remove from heat and add chopped chocolate, whisking until smooth, then whisk in chopped candied peel.
- ☐ Pour filling evenly over crust and chill tart, uncovered, until firm, at least 2 hours.
- ☐ Remove side of pan and serve tart chilled or at cool room temperature.
- ☐ Tart can be chilled up to 1 day (24 hours). Cover loosely once filling is firm.

Nutrition Facts



 **PROTEIN 3.11%**  **FAT 72.11%**  **CARBS 24.78%**

Properties

Glycemic Index:13.41, Glycemic Load:14.29, Inflammation Score:-6, Nutrition Score:10.685217234751%

Nutrients (% of daily need)

Calories: 639.74kcal (31.99%), Fat: 51.71g (79.56%), Saturated Fat: 22.47g (140.42%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 37.17g (13.52%), Sugar: 21.89g (24.33%), Cholesterol: 89.41mg (29.8%), Sodium: 126.3mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.6mg (8.53%), Protein: 5.02g (10.04%), Vitamin K: 32.89µg (31.33%), Manganese: 0.53mg (26.65%), Copper: 0.41mg (20.38%), Vitamin E: 2.63mg (17.55%), Iron: 2.95mg (16.41%), Magnesium: 59.38mg (14.84%), Vitamin A: 732.64IU (14.65%), Phosphorus: 131.61mg (13.16%), Vitamin B2: 0.19mg (11.42%), Fiber: 2.81g (11.23%), Selenium: 7.4µg (10.58%), Vitamin B1: 0.13mg (8.9%), Folate: 31.99µg (8%), Zinc: 1.1mg (7.37%), Potassium: 232.68mg (6.65%), Vitamin B3: 1.31mg (6.54%), Vitamin D: 0.8µg (5.31%), Calcium: 49.77mg (4.98%), Vitamin B5: 0.37mg (3.75%), Vitamin B12: 0.18µg (3.04%), Vitamin B6: 0.06mg (2.79%)