



Chocolate Tart with Candied Cranberries

READY IN



45 min.

SERVINGS



10

CALORIES



435 kcal

DESSERT

Ingredients

- ☐ 1.7 cups flour
- ☐ 0.5 ounce cranberries frozen
- ☐ 3 tablespoons blackcurrants black currant-flavored (liqueur)
- ☐ 1 large egg yolk
- ☐ 3 tablespoons water ()
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 cup sugar
- ☐ 10 tablespoons butter unsalted chilled cut into 1/2-inch pieces ()

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup whipping cream

Equipment

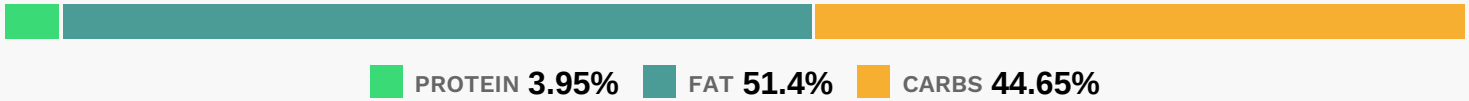
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ tart form

Directions

- ☐ Blend flour, sugar and salt in processor.
- ☐ Add butter and cut in, using on/off turns, until mixture resembles coarse meal.
- ☐ Add 2 1/2 tablespoons water, egg yolk and vanilla. Blend until moist clumps form, adding more water by 1/2 tablespoonfuls if dry. Gather dough into ball; flatten into disk. Wrap in plastic; chill at least 2 hours. (Can be made 2 days ahead.
- ☐ Let soften slightly before rolling out.)
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough on lightly floured surface to 13- to 14-inch round.
- ☐ Transfer dough to 9-inch-diameter tart pan with removable bottom.
- ☐ Cut dough overhang to 3/4 inch; fold overhang in and press, forming sides that extend 1/4 inch above top of pan. Pierce crust all over with fork. Freeze 15 minutes.
- ☐ Bake crust 15 minutes. If sides of crust fall, press up with back of fork.
- ☐ Bake crust until beginning to brown, about 15 minutes longer. Cool on rack.
- ☐ Bring cream to simmer in heavy medium saucepan.
- ☐ Remove from heat.

- ☐ Add chocolate and whisk until smooth; whisk in liqueur.
- ☐ Pour filling into crust. Refrigerate until filling is firm, at least 2 hours and up to 1 day.
- ☐ Preheat oven to 375°F. Spray rimmed baking sheet with nonstick spray. Toss cranberries and sugar in medium bowl to blend.
- ☐ Spread out mixture on baking sheet.
- ☐ Bake 10 minutes. Using metal spatula, stir berries gently.
- ☐ Bake until berries are thawed and most sugar is dissolved, about 5 minutes longer. Cool on sheet 5 minutes. Spoon berries atop filling; drizzle with syrup from sheet. Chill 1 hour. (Can be made 1 day ahead. Keep chilled.)

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:25.52, Inflammation Score:-5, Nutrition Score:8.3386956401493%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 4.08mg, Delphinidin: 4.08mg, Delphinidin: 4.08mg, Delphinidin: 4.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 435.06kcal (21.75%), Fat: 25.08g (38.58%), Saturated Fat: 15.12g (94.51%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 46.59g (16.94%), Sugar: 28.82g (32.02%), Cholesterol: 63.27mg (21.09%), Sodium: 66.97mg (2.91%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Caffeine: 19.5mg (6.5%), Protein: 4.34g (8.67%), Manganese: 0.46mg (23.13%), Copper: 0.32mg (16.25%), Selenium: 10.54µg (15.05%), Iron: 2.54mg (14.13%), Vitamin B1: 0.18mg (11.95%), Magnesium: 46.94mg (11.74%), Vitamin A: 571.7IU (11.43%), Folate: 41.52µg (10.38%), Phosphorus: 101.16mg (10.12%), Vitamin C: 8.3mg (10.06%), Fiber: 2.43g (9.71%), Vitamin B2: 0.16mg (9.22%), Vitamin B3: 1.45mg (7.25%), Zinc: 0.84mg (5.62%), Potassium: 183.83mg (5.25%), Vitamin E: 0.69mg (4.58%),

Calcium: 33.56mg (3.36%), Vitamin D: 0.49µg (3.28%), Vitamin K: 3.14µg (2.99%), Vitamin B5: 0.28mg (2.78%),
Vitamin B12: 0.12µg (1.95%), Vitamin B6: 0.03mg (1.56%)