



Chocolate Tart with Nut Crust



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



472 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 lb butter
- ☐ 1 teaspoon cognac
- ☐ 6 large egg yolks
- ☐ 1 cup pinenuts
- ☐ 9 ounces bittersweet chocolate
- ☐ 0.5 cup sugar
- ☐ 10 servings cocoa powder unsweetened

- ☐ 1 cup walnuts chopped

Equipment

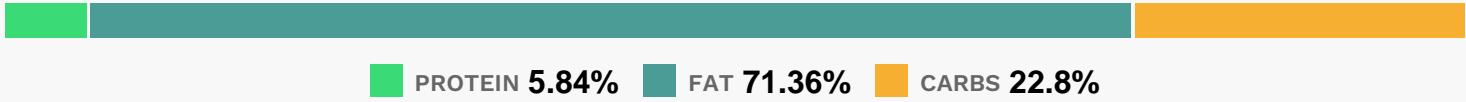
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ microwave
- ☐ tart form

Directions

- ☐ In a food processor, whirl walnuts, pine nuts, and 1/2 cup sugar until nuts are coarsely ground.
- ☐ Pour into a 9-inch tart pan with removable rim. In a 2-cup glass measure, melt 1/4 cup butter in a microwave oven at full power (100%), 20 to 30 seconds.
- ☐ Add melted butter to nut mixture and rub in with your fingers to blend. Press mixture evenly over bottom and up sides of pan. Set pan on a foil-lined 12- by 15-inch baking sheet.
- ☐ Bake in a 325 regular or convection oven until crust begins to brown around edges, 20 to 30 minutes.
- ☐ Meanwhile, chop half the chocolate into 1/2-inch chunks and set aside. Finely chop remaining chocolate.
- ☐ In the glass measure, combine remaining 1/4 cup butter, cut into small pieces, with finely chopped chocolate.
- ☐ Heat in a microwave oven at half power (50%) until chocolate is soft, 30 to 45 seconds. Stir until mixture is smooth.
- ☐ In a bowl with a mixer on high speed, beat egg yolks, remaining 3 tablespoons sugar, cognac, and almond extract until mixture turns pale yellow, about 3 minutes.
- ☐ Add chocolate-butter mixture and beat to blend. Stir in coarsely chopped chocolate.

- ☐
- Scrape into warm nut crust.
- ☐
- Bake in a 325 regular or convection oven until filling barely jiggles when pan is gently shaken, about 15 minutes. Set on a rack until warm or cool.
- ☐
- To serve, remove rim; dust tart lightly with cocoa and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:7.14, Inflammation Score:-6, Nutrition Score:14.731739307227%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 471.99kcal (23.6%), Fat: 38.64g (59.44%), Saturated Fat: 9.95g (62.18%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 24.08g (8.76%), Sugar: 20.24g (22.48%), Cholesterol: 111.69mg (37.23%), Sodium: 115.22mg (5.01%), Alcohol: 0.24g (100%), Alcohol %: 0.36% (100%), Caffeine: 24.24mg (8.08%), Protein: 7.11g (14.22%), Manganese: 1.97mg (98.54%), Copper: 0.73mg (36.47%), Magnesium: 103.14mg (25.79%), Phosphorus: 234.21mg (23.42%), Iron: 3.12mg (17.35%), Fiber: 3.69g (14.78%), Zinc: 2.21mg (14.75%), Vitamin E: 2.11mg (14.05%), Selenium: 8.73µg (12.47%), Vitamin A: 571.72IU (11.43%), Vitamin K: 9.53µg (9.07%), Potassium: 308.45mg (8.81%), Folate: 31.38µg (7.85%), Vitamin B1: 0.12mg (7.81%), Vitamin B2: 0.12mg (7.25%), Vitamin B6: 0.12mg (6.11%), Vitamin B5: 0.5mg (5.03%), Vitamin B3: 0.97mg (4.83%), Calcium: 47.41mg (4.74%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.55µg (3.67%)