



Chocolate-Toffee Pecan Tart

 Vegetarian

READY IN



240 min.

SERVINGS



8

CALORIES



645 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.7 cup plus light
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.5 cup dutch-process cocoa powder
- ☐ 1 large eggs beaten
- ☐ 3 large eggs beaten
- ☐ 1 cup flour for dusting all-purpose plus more

- ☐ 6 tablespoons granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 cups pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 1 stick butter unsalted cold cut into 1/2-inch pieces
- ☐ 10 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

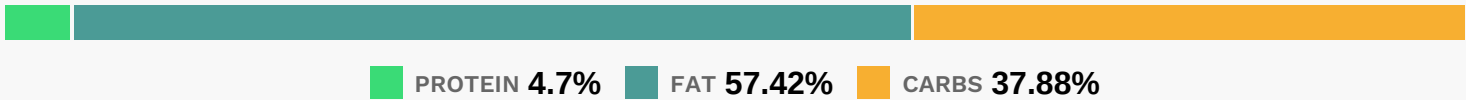
Directions

- ☐ Make the dough: Pulse the flour, cocoa, confectioners' sugar and salt in a food processor until combined.
- ☐ Add the butter; pulse until the mixture looks like coarse meal with pea-size bits of butter.
- ☐ Add the egg and pulse once or twice. (Stop before the dough gathers into a ball.) Turn out onto a sheet of plastic wrap and press into a disk. Wrap tightly and refrigerate until firm, at least 1 hour.
- ☐ Place the dough on a large sheet of lightly floured parchment paper.
- ☐ Roll into a 12-inch round, no more than 1/8 inch thick. Invert the dough over a 9-inch tart pan with a removable bottom and peel off the parchment; press the dough into the bottom and

sides of the pan. (If the dough tears, just pat it back together.) Trim the excess dough. Cover with plastic wrap and chill at least 1 hour.

- ☐ Position racks in the middle and lower third of the oven; preheat to 350 degrees F. Line the crust with foil, then fill with pie weights or dried beans.
- ☐ Bake on the middle rack, 20 minutes.
- ☐ Remove the foil and weights and continue baking until crisp, 7 to 10 minutes.
- ☐ Transfer to a rack to cool completely.
- ☐ Prepare the filling: Coarsely chop 1 cup pecans.
- ☐ Combine the butter, granulated sugar, vanilla and kosher salt in a saucepan and bring to a boil over medium-high heat. Cook, stirring, until the mixture turns dark amber, 6 to 8 minutes. Immediately stir in the chopped pecans and cook 1 to 2 more minutes.
- ☐ Remove from the heat and whisk in the corn syrup and brown sugar until dissolved. Cool until lukewarm, then whisk in the eggs and bourbon until combined. (The tart can be made 1 day ahead up to this point; cover and refrigerate the filling and wrap the cooled crust in plastic wrap.)
- ☐ Increase the oven temperature to 375 degrees F.
- ☐ Place the tart shell on a baking sheet and pour in the filling up to the brim. Arrange the remaining 1/2 cup pecan halves on top.
- ☐ Bake on the lower oven rack until the tart is evenly browned and slightly domed in the center, about 40 minutes.
- ☐ Transfer to a rack to cool completely.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:19.14, Inflammation Score:-7, Nutrition Score:12.741739159045%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg

Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg
Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg Epigallocatechin 3–gallate:
0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate:
0.43mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 644.7kcal (32.24%), Fat: 42.37g (65.18%), Saturated Fat: 18.63g (116.46%), Carbohydrates: 62.9g (20.97%),
Net Carbohydrates: 58.7g (21.35%), Sugar: 45.86g (50.95%), Cholesterol: 160.99mg (53.66%), Sodium: 205.65mg
(8.94%), Alcohol: 2.05g (100%), Alcohol %: 1.68% (100%), Caffeine: 12.36mg (4.12%), Protein: 7.8g (15.59%),
Manganese: 1.16mg (58.2%), Copper: 0.48mg (23.9%), Selenium: 15.14µg (21.63%), Vitamin A: 935.7IU (18.71%),
Vitamin B1: 0.28mg (18.54%), Fiber: 4.19g (16.77%), Phosphorus: 165.37mg (16.54%), Magnesium: 57.32mg (14.33%),
Vitamin B2: 0.24mg (14.3%), Iron: 2.45mg (13.6%), Zinc: 1.8mg (11.99%), Folate: 47.17µg (11.79%), Vitamin E: 1.27mg
(8.47%), Vitamin B5: 0.67mg (6.7%), Vitamin D: 0.97µg (6.5%), Vitamin B3: 1.3mg (6.5%), Potassium: 227.26mg
(6.49%), Calcium: 53.52mg (5.35%), Vitamin B6: 0.1mg (4.93%), Vitamin B12: 0.28µg (4.6%), Vitamin K: 3.12µg
(2.97%)