



Chocolate Walnut Tart

READY IN



45 min.

SERVINGS



12

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate finely chopped
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter at room temperature ()
- ☐ 0.5 cup light-colored corn syrup
- ☐ 3 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

☐ 1 cup walnut halves

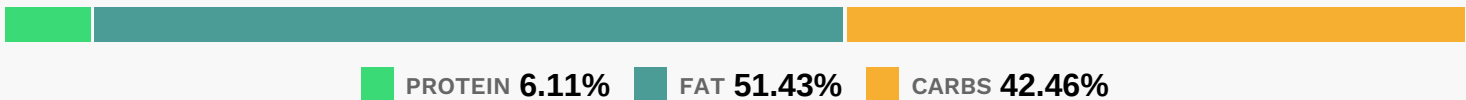
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ tart form

Directions

- ☐ Arrange 1 rack in lower third of oven. Preheat oven to 350
- ☐ Combine brown sugar, flour, and salt in a medium heavy saucepan over medium heat, stirring well with a whisk. Stir in corn syrup, and bring mixture to a boil. Cook for 1 minute, stirring occasionally until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add butter and chocolate; stir with a whisk until smooth. Cool to room temperature; stir in walnuts, vanilla, and eggs.
- ☐ Fit pie dough into a 9-inch round removable-bottom tart pan coated with cooking spray, pressing dough into the bottom and up the sides of the pan.
- ☐ Spoon walnut mixture into prepared crust.
- ☐ Bake on bottom oven rack at 350 for 33 minutes or until set. Cool for 20 minutes in pan on a wire rack.
- ☐ Remove sides of tart pan; slide tart onto a serving platter.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:2.9, Inflammation Score:-3, Nutrition Score:7.5391304091267%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 383.49kcal (19.17%), Fat: 22.34g (34.37%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 39.16g (14.24%), Sugar: 20.64g (22.93%), Cholesterol: 52.08mg (17.36%), Sodium: 237.84mg (10.34%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.97g (11.95%), Manganese: 0.63mg (31.56%), Copper: 0.31mg (15.67%), Iron: 2.12mg (11.8%), Phosphorus: 110.73mg (11.07%), Selenium: 7.75µg (11.07%), Folate: 42.65µg (10.66%), Vitamin B1: 0.16mg (10.47%), Magnesium: 39.89mg (9.97%), Fiber: 2.33g (9.32%), Vitamin B2: 0.14mg (8.46%), Zinc: 0.95mg (6.32%), Vitamin B3: 1.24mg (6.18%), Vitamin B6: 0.1mg (4.89%), Potassium: 158.63mg (4.53%), Vitamin B5: 0.44mg (4.35%), Calcium: 36.86mg (3.69%), Vitamin K: 3.74µg (3.56%), Vitamin E: 0.47mg (3.15%), Vitamin A: 132.84IU (2.66%), Vitamin B12: 0.13µg (2.2%), Vitamin D: 0.25µg (1.67%)