



Chocolate-Whiskey Soufflé Tarts

READY IN



45 min.

SERVINGS



8

CALORIES



607 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 4 large eggs separated
- ☐ 1.3 teaspoons coffee instant
- ☐ 0.8 cup powdered sugar
- ☐ 1 pinch salt
- ☐ 10 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.5 cup sugar
- ☐ 8 servings garnish: whipped cream sweetened
- ☐ 0.8 cup butter unsalted chilled cut into small pieces ()

- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup irish whiskey

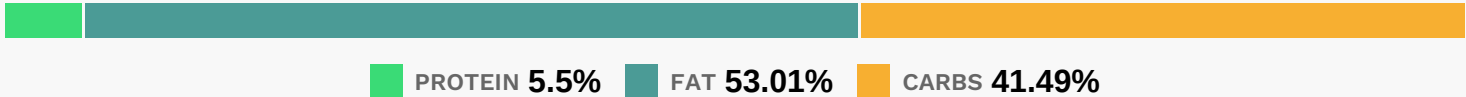
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F. Blend all ingredients in processor just until dough gathers together. Shape dough into log.
- ☐ Cut into 8 equal rounds. Press 1 round over bottom and up sides of each of eight 4 1/2 x 3/4-inch tartlet pans with removable bottom. Pierce crusts with fork.
- ☐ Bake crusts until pale golden, about 18 minutes. Cool in pans on rack.
- ☐ Set aside generous 1/3 cup chopped chocolate.
- ☐ Place remaining chopped chocolate in medium metal bowl set over saucepan of barely simmering water (do not allow bottom of bowl to touch water); stir until melted and smooth.
- ☐ Remove bowl from over water.
- ☐ Whisk in whiskey, vanilla, coffee and salt, then yolks. Beat egg whites in another medium bowl until soft peaks form. Gradually add sugar, beating until stiff but not dry. Fold half of whites into chocolate mixture. Fold in reserved 1/3 cup chopped chocolate, then remaining whites. Divide mixture among crusts. Freeze at least 3 hours. (Can be made 1 week ahead. Cover and keep frozen.)
- ☐ Preheat oven to 375°F. Push bottom of frozen tartlets up to release from pan sides. Arrange tartlets on pan bottoms on baking sheet.
- ☐ Bake until filling puffs and begins to crack, about 20 minutes.
- ☐ Place tartlets on plates. Spoon whipped cream alongside. Top with chocolate shavings, if desired.

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:22.08, Inflammation Score:-6, Nutrition Score:12.036086818446%

Nutrients (% of daily need)

Calories: 607.29kcal (30.36%), Fat: 34.82g (53.57%), Saturated Fat: 20.39g (127.42%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 57.83g (21.03%), Sugar: 37.24g (41.37%), Cholesterol: 145.44mg (48.48%), Sodium: 47.65mg (2.07%), Alcohol: 2.91g (100%), Alcohol %: 2.58% (100%), Caffeine: 35.38mg (11.79%), Protein: 8.13g (16.26%), Manganese: 0.64mg (32.16%), Selenium: 19.06µg (27.22%), Copper: 0.5mg (25.07%), Iron: 3.79mg (21.08%), Magnesium: 72.21mg (18.05%), Phosphorus: 178.14mg (17.81%), Vitamin B2: 0.26mg (15.53%), Vitamin A: 725.64IU (14.51%), Vitamin B1: 0.21mg (13.95%), Fiber: 3.47g (13.87%), Folate: 55.46µg (13.86%), Zinc: 1.47mg (9.81%), Vitamin B3: 1.76mg (8.82%), Potassium: 281.62mg (8.05%), Vitamin E: 1.02mg (6.79%), Vitamin B5: 0.63mg (6.34%), Vitamin B12: 0.34µg (5.66%), Vitamin D: 0.84µg (5.62%), Calcium: 51.2mg (5.12%), Vitamin K: 4.3µg (4.1%), Vitamin B6: 0.07mg (3.41%)