



Crunchy Caramel Tart

READY IN



350 min.

SERVINGS



12

CALORIES



415 kcal

DESSERT

Ingredients

- 1.3 cups cake flour
- 0.5 cup confectioners' sugar
- 2.3 teaspoons plus light
- 1 eggs
- 1.3 cups flour all-purpose
- 0.5 cup hazelnuts toasted
- 0.8 cup heavy whipping cream
- 1 cup semi chocolate chips
- 3 tablespoons butter unsalted

- 0.3 cup water
- 1.5 cups sugar white

Equipment

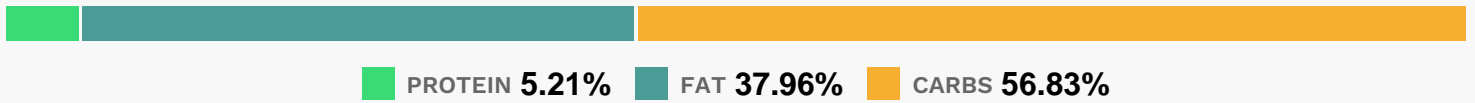
- food processor
- bowl
- frying pan
- sauce pan
- oven
- wooden spoon
- aluminum foil
- tart form

Directions

- Using a wooden spoon, mix 14 tablespoons butter in a bowl until light and fluffy. Grind nuts and sugar in a food processor, and mix into the butter. Beat in egg.
- Add both flours, and blend until just combined. Gather dough into a ball, and flatten into a disk. Wrap in plastic; chill 2 hours.
- Roll out dough to a 15 inch circle between two sheets of plastic.
- Remove top sheet of plastic, and transfer dough to an 11 inch tart pan with a removable bottom. Press into pan, and trim edges.
- Place in the freezer for 15 minutes. Line dough with foil, and fill foil with dried beans (serves as a weight to help the crust keep it's shape).
- Bake at 350 degrees F (175 degrees C) for 15 minutes.
- Remove foil and beans.
- Bake until crust is golden, about 20 minutes. Cool.
- Combine sugar and water in a heavy saucepan. Cook over medium heat, stirring until mixture is a deep amber color, about 15 minutes.
- Brush down sides of pan with a wet brush, and swirl occasionally.
- Remove from heat. Gradually stir in 1 1/4 cups heavy cream.

- Add 1/4 cup butter, and stir until melted.
- Pour filling into crust.
- Bake at 350 degrees F (175 degrees C) until filling bubbles and thickens, about 30 minutes. Filling will be wobbly. Cool. Chill until set, about 1 hour.
- In a heavy small saucepan, combine 3/4 cup heavy cream, chocolate, 3 tablespoons butter, and corn syrup. Cook over low heat, stirring until smooth.
- Pour over chilled filling. Chill tart until firm, about 1 hour.
- Let stand 30 minutes at room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:31.09, Inflammation Score:-4, Nutrition Score:7.994782489279%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 414.57kcal (20.73%), Fat: 17.77g (27.34%), Saturated Fat: 8.91g (55.71%), Carbohydrates: 59.86g (19.95%), Net Carbohydrates: 57.51g (20.91%), Sugar: 37.53g (41.7%), Cholesterol: 38.87mg (12.96%), Sodium: 13.39mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 5.49g (10.97%), Manganese: 0.7mg (35.1%), Selenium: 12.76µg (18.23%), Copper: 0.32mg (16.17%), Iron: 2mg (11.11%), Magnesium: 42.29mg (10.57%), Vitamin B1: 0.16mg (10.35%), Phosphorus: 96.92mg (9.69%), Fiber: 2.35g (9.4%), Folate: 36.2µg (9.05%), Vitamin B2: 0.14mg (8.04%), Vitamin E: 1.15mg (7.7%), Vitamin A: 334.69IU (6.69%), Vitamin B3: 1.13mg (5.64%), Zinc: 0.82mg (5.46%), Potassium: 166.65mg (4.76%), Calcium: 32.31mg (3.23%), Vitamin B5: 0.3mg (3.03%), Vitamin B6: 0.06mg (2.77%), Vitamin K: 2.6µg (2.48%), Vitamin D: 0.36µg (2.43%), Vitamin B12: 0.09µg (1.49%)