



## Dark Chocolate and Orange Tart with Toasted Almonds

READY IN



45 min.

SERVINGS



16

CALORIES



257 kcal

DESSERT

### Ingredients

- 0.8 cup flour
- 1 tablespoon orange liqueur
- 1 teaspoon ground cinnamon
- 1 cup cup heavy whipping cream
- 1 cranberry-orange relish
- 0.3 teaspoon salt
- 8 ounces bittersweet chocolate unsweetened chopped (not )
- 1 cup slivered almonds toasted coarsely chopped

- 2 teaspoons sugar
- 0.5 cup butter unsalted room temperature (1 stick)
- 6 tablespoons cocoa powder unsweetened
- 2 tablespoons water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- hand mixer
- aluminum foil
- tart form
- peeler

## Directions

- Using vegetable peeler, remove peel (orange part only) from orange in strips.
- Cut strips into matchstick-size pieces and place in small saucepan. Cover with cold water; bring to boil. Cook 30 seconds; drain. Rinse saucepan; add 1/4 cup sugar, 2 tablespoons water, and peel. Stir over medium-low heat until sugar dissolves. Simmer until peel is translucent and syrup is thick, about 20 minutes. Using tines of fork, transfer peel to plate and cool. (Can be made 1 day ahead. Cover and store at room temperature.)
- Using electric mixer, beat butter, sugar, cinnamon, and salt in large bowl until smooth. Beat in cocoa powder.
- Add flour and beat until dough comes together in moist clumps. Gather dough into ball; flatten into disk. Wrap in plastic and chill until firm, at least 1 hour and up to 1 day.
- Roll out dough between sheets of waxed paper to 11-inch round. Peel off top sheet of paper. Invert dough over 9-inch-diameter tart pan with removable bottom; peel off paper. Gently press dough into pan. Press dough overhang in to form double-thick sides. Pierce dough all

over with fork. Refrigerate 30 minutes.

- Preheat oven to 375°F.
- Bake crust until sides look dry and bottom looks bubbly, about 14 minutes.
- Transfer crust to rack. Using back of spoon, press up sides of dough if falling. Cool completely.
- Toss almonds, sugar, and cinnamon in small bowl. Chop all but 2 strips of peel.
- Sprinkle chopped orange peel, then almond mixture over bottom of prepared crust.
- Place cream in heavy medium saucepan. Bring to simmer.
- Remove from heat.
- Add chocolate and whisk until chocolate melts and mixture is smooth; mix in Grand Marnier.
- Pour into crust. Refrigerate until filling is firm, at least 3 hours.
- Garnish with remaining 2 orange peel strips. (Can be made 1 day ahead. Cover loosely with foil and keep refrigerated.)
- Using sharp knife, gently loosen crust from pan sides.
- Remove pan sides.
- Cut tart into wedges; serve cold.

## Nutrition Facts



**PROTEIN 5.8%** **FAT 68.89%** **CARBS 25.31%**

## Properties

Glycemic Index:12.66, Glycemic Load:3.97, Inflammation Score:-5, Nutrition Score:7.2708695245826%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 257.16kcal (12.86%), Fat: 20.25g (31.16%), Saturated Fat: 10.61g (66.3%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 13.65g (4.96%), Sugar: 7.55g (8.39%), Cholesterol: 32.91mg (10.97%), Sodium: 43.31mg (1.88%), Alcohol: 0.24g (100%), Alcohol %: 0.5% (100%), Caffeine: 16.75mg (5.58%), Protein: 3.84g (7.67%), Manganese: 0.48mg (23.93%), Copper: 0.33mg (16.68%), Vitamin E: 2.14mg (14.24%), Magnesium: 55.94mg (13.99%), Fiber: 3.09g (12.37%), Phosphorus: 101.03mg (10.1%), Iron: 1.71mg (9.53%), Vitamin B2: 0.15mg (8.9%), Vitamin A: 421.88IU (8.44%), Selenium: 4.29µg (6.13%), Potassium: 196.11mg (5.6%), Vitamin C: 4.45mg (5.39%), Zinc: 0.81mg (5.37%), Vitamin B1: 0.08mg (5.09%), Calcium: 46.37mg (4.64%), Folate: 17.56µg (4.39%), Vitamin B3: 0.79mg (3.94%), Vitamin D: 0.34µg (2.3%), Vitamin K: 2.1µg (2%), Vitamin B5: 0.17mg (1.71%), Vitamin B6: 0.03mg (1.47%), Vitamin B12: 0.06µg (1.02%)