



Dark Chocolate and Peppermint Whipped Cream Tart

READY IN



45 min.

SERVINGS



10

CALORIES



750 kcal

DESSERT

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 10 tablespoons butter unsalted diced chilled ()
- ☐ 0.3 cup plus light
- ☐ 0.5 cup coarsely red-and-white-striped peppermint candies hard crushed
- ☐ 1.8 teaspoons peppermint extract
- ☐ 0.8 cup powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 12 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1 ounce chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 3.5 cups whipping cream chilled
- ☐ 4.5 teaspoons milk whole cold

Equipment

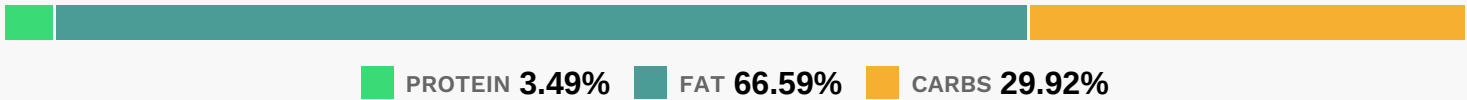
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ ziploc bags
- ☐ kitchen scissors
- ☐ tart form

Directions

- ☐ Blend first 4 ingredients in processor.
- ☐ Add butter and vanilla; cut in using on/off turns until butter forms pea-size pieces.
- ☐ Add milk and blend in using on/off turns until mixture forms small moist clumps. Gather dough into ball; flatten into disk. Wrap dough in plastic; chill 1 hour.
- ☐ Roll dough out between sheets of floured parchment to 12-inch round. Press dough onto bottom and up sides of 10-inch-diameter tart pan with removable bottom. Fold dough edges over and press to form thick sides. Using thumb, press dough around sides to extend crust 1/8 inch above edge of pan. Freeze 20 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Bake crust until brown, piercing bubbles with fork, about 30 minutes.
- ☐ Transfer to rack; cool.
- ☐ Bring cream and corn syrup to simmer in medium saucepan; remove from heat.

- ☐ Add all chocolate; whisk until smooth. Cool 30 minutes.
- ☐ Pour filling into crust.
- ☐ Sprinkle with 1/2 cup candy. Chill until set, about 3 hours. Do ahead
- ☐ Can be made 1 day ahead. Cover and keep refrigerated.
- ☐ Using electric mixer, beat all ingredients in large bowl to stiff peaks.
- ☐ Spread 2 cups whipped cream over filling, mounding slightly in center. Spoon remaining whipped cream into 1 bottom corner of large resealable plastic bag. Twist at top; grasp top firmly. Using scissors, cut 3/4 inch off filled corner to form opening; turn bag so that 1 seam faces up. Pipe 2–inch–long ovals of whipped cream side by side around edge of tart. Pipe more ovals to form second ring inside first, then pipe ovals in center. Chill at least 30 minutes and up to 3 hours.
- ☐ Remove tart from pan; place on platter.
- ☐ Sprinkle top of tart with remaining 1 tablespoon crushed peppermint candies and serve.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:15.56, Inflammation Score:-8, Nutrition Score:12.468260936115%

Flavonoids

Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg

Nutrients (% of daily need)

Calories: 749.78kcal (37.49%), Fat: 56.19g (86.44%), Saturated Fat: 34.83g (217.68%), Carbohydrates: 56.82g (18.94%), Net Carbohydrates: 53.2g (19.35%), Sugar: 36.34g (40.37%), Cholesterol: 126.54mg (42.18%), Sodium: 103.58mg (4.5%), Alcohol: 0.38g (100%), Alcohol %: 0.27% (100%), Caffeine: 31.52mg (10.51%), Protein: 6.62g (13.24%), Manganese: 0.68mg (34%), Vitamin A: 1595.02IU (31.9%), Copper: 0.55mg (27.58%), Magnesium: 79.21mg (19.8%), Iron: 3.47mg (19.29%), Phosphorus: 172.87mg (17.29%), Selenium: 11.18µg (15.97%), Vitamin B2: 0.26mg (15.52%), Fiber: 3.61g (14.46%), Vitamin B1: 0.16mg (10.77%), Vitamin D: 1.57µg (10.45%), Zinc: 1.55mg (10.3%), Calcium: 94.64mg (9.46%), Potassium: 320.93mg (9.17%), Vitamin E: 1.31mg (8.76%), Folate: 33.14µg (8.28%), Vitamin B3: 1.31mg (6.56%), Vitamin K: 6.42µg (6.12%), Vitamin B5: 0.41mg (4.12%), Vitamin B12: 0.23µg (3.84%), Vitamin B6: 0.05mg (2.52%)