



Dark Chocolate and Pine Nut Crostata

READY IN



45 min.

SERVINGS



8

CALORIES



771 kcal

DESSERT

Ingredients

- ☐ 1.7 cups flour
- ☐ 10 ounces bittersweet chocolate 70% finely chopped (cocoa)
- ☐ 6 tablespoons butter unsalted diced room temperature ()
- ☐ 1 large eggs
- ☐ 2 large egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.3 cup honey
- ☐ 8 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.3 cup pinenuts toasted

- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Blend flour, powdered sugar, and salt in processor 5 seconds.
- ☐ Add butter, yolks, and egg. Blend until moist clumps form. Knead dough into ball and flatten into disk. Wrap and chill at least 30 minutes and up to 1 day.
- ☐ Roll out dough on lightly floured surface to 14-inch round.
- ☐ Transfer to 10-inch-diameter tart pan with removable bottom.
- ☐ Cut off all but 1/2-inch overhang. Fold overhang in, pressing to form double-thick sides that extend 1/4 inch above rim. Chill crust 30 minutes.
- ☐ Preheat oven to 375°F.
- ☐ Bake crust 5 minutes. Using back of fork, press up sides of crust if slipping.
- ☐ Bake until golden, pressing up sides and piercing with fork if crust bubbles, about 25 minutes longer. Cool crust completely.
- ☐ Place chocolate in medium bowl. Bring cream to simmer in saucepan.
- ☐ Pour cream over chocolate; whisk until smooth.
- ☐ Whisk in honey.
- ☐ Pour filling into crust. Chill until set, at least 2 hours and up to 1 day.
- ☐ Sprinkle tart with pine nuts.
- ☐ Serve with whipped cream.

Nutrition Facts



 PROTEIN **4.61%**  FAT **62.12%**  CARBS **33.27%**

Properties

Glycemic Index:15.91, Glycemic Load:18.93, Inflammation Score:-8, Nutrition Score:15.204782667367%

Nutrients (% of daily need)

Calories: 770.88kcal (38.54%), Fat: 53.98g (83.05%), Saturated Fat: 31.18g (194.9%), Carbohydrates: 65.04g (21.68%), Net Carbohydrates: 61.33g (22.3%), Sugar: 39.47g (43.85%), Cholesterol: 181.64mg (60.55%), Sodium: 184.05mg (8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 30.48mg (10.16%), Protein: 9.01g (18.02%), Manganese: 1.03mg (51.65%), Vitamin A: 1468.52IU (29.37%), Copper: 0.56mg (27.82%), Selenium: 18.2µg (26%), Iron: 4.02mg (22.35%), Phosphorus: 210.92mg (21.09%), Magnesium: 84.24mg (21.06%), Vitamin B2: 0.33mg (19.35%), Vitamin B1: 0.25mg (16.9%), Folate: 61.14µg (15.28%), Fiber: 3.72g (14.86%), Zinc: 1.75mg (11.66%), Vitamin E: 1.58mg (10.56%), Vitamin B3: 2.08mg (10.4%), Vitamin D: 1.46µg (9.76%), Potassium: 332.12mg (9.49%), Calcium: 88.7mg (8.87%), Vitamin K: 7.59µg (7.23%), Vitamin B5: 0.63mg (6.27%), Vitamin B12: 0.32µg (5.26%), Vitamin B6: 0.08mg (3.83%)